



Grilled Spiced Pork Patties with Greens

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon cumin
- ☐ 1 large eggs beaten
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 pound ground pork
- ☐ 1.5 teaspoons juice of lemon

- ☐ 10 cup salad greens mixed
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 onion finely chopped
- ☐ 4 servings salt
- ☐ 1 cup whole-milk yogurt plain

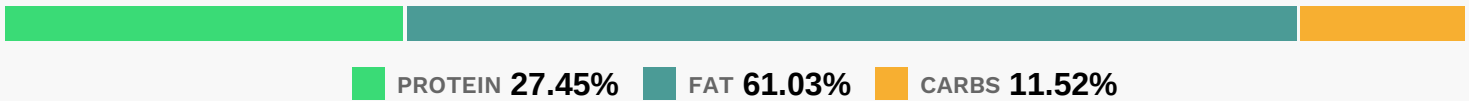
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat gas grill to medium. In a large bowl, combine pork, coriander, cumin, cinnamon, nutmeg, egg, onion, parsley, 1 clove garlic and 1 tsp. salt.
- ☐ Mix thoroughly with your hands. Form mixture into 1 1/2-inch balls, then press into football shapes.
- ☐ Oil grill grates. Grill patties, turning once, until cooked through, 8 to 10 minutes total.
- ☐ In a small bowl, combine yogurt, lemon juice, 1/2 tsp. salt and remaining garlic. Divide salad greens among 4 serving plates. Top with patties and drizzle with yogurt sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:23.369565253672%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 380.55kcal (19.03%), Fat: 25.7g (39.54%), Saturated Fat: 9.46g (59.1%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 10.11g (3.67%), Sugar: 5.48g (6.09%), Cholesterol: 129.37mg (43.12%), Sodium: 352.19mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.02%), Vitamin B1: 0.91mg (60.82%), Vitamin K: 61.85µg (58.9%), Selenium: 34.79µg (49.7%), Vitamin C: 31.9mg (38.67%), Phosphorus: 371.93mg (37.19%), Vitamin B2: 0.53mg (31.15%), Vitamin A: 1539.36IU (30.79%), Vitamin B6: 0.61mg (30.51%), Vitamin B3: 5.67mg (28.35%), Zinc: 3.6mg (23.98%), Vitamin B12: 1.28µg (21.31%), Potassium: 736.52mg (21.04%), Calcium: 179.98mg (18%), Folate: 64.79µg (16.2%), Vitamin B5: 1.51mg (15.06%), Iron: 2.63mg (14.61%), Manganese: 0.29mg (14.39%), Magnesium: 53.28mg (13.32%), Copper: 0.15mg (7.32%), Fiber: 0.82g (3.26%), Vitamin D: 0.25µg (1.67%), Vitamin E: 0.19mg (1.26%)