



Jamaican Jerk Burgers

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vinegar white
- ☐ 1 Tbsp water
- ☐ 0.5 habanero chili pepper seeds removed, minced
- ☐ 0.5 cup green onion chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 Tbsp thyme leaves fresh
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds ground beef 16%
- ☐ 2 cups cabbage shredded
- ☐ 0.3 cup onion red chopped
- ☐ 1 pinch thyme leaves chopped
- ☐ 3 Tbsp mayonnaise
- ☐ 2 Tbsp juice of lime (if using lime juice add a teaspoon of sugar)
- ☐ 1 teaspoon orange zest grated
- ☐ 6 servings salt and pepper black freshly ground to taste

Equipment

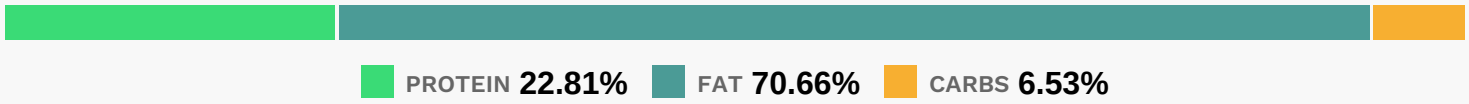
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Make the jerk mixture: In a food processor, put the vinegar, water, chili, green onion, garlic, thyme, allspice, cinnamon, nutmeg, ginger, molasses, 1/2 teaspoon each of salt and pepper. Pulse until finely chopped.
- ☐ If you do not have a food processor, finely mince the chili, garlic, and green onion.
- ☐ Mix ingredients together in a bowl.
- ☐ Make the patties: Using your hands, gently mix the jerk mixture in with the ground beef in a large bowl until just incorporated. Do not over-mix.

- ☐ Shape into patties, about 1/2 inch thick and wider than the diameter of your hamburger bun.
- ☐ Chill the patties: Chill about 30 minutes or until you are ready to cook. (Remember to wear gloves while handling jerk seasoning or thoroughly wash hands with soap and water after handling.)
- ☐ Make the coleslaw: In a medium bowl, gently mix the cabbage, red onion, thyme, mayonnaise, citrus juice, zest, salt and pepper.
- ☐ Grill the jerk burgers: Prepare gas or charcoal grill for cooking over high direct heat.
- ☐ Place the patties on the clean, well-oiled grill grate. Grill the burgers for about 5 minutes per side. Do not press down on the burgers while cooking. If you don't have a grill, you can use a grill pan or a cast iron frying pan.
- ☐ Serve burgers topped with coleslaw, with or without hamburger buns.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:15.045652197755%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 359.62kcal (17.98%), Fat: 28.01g (43.1%), Saturated Fat: 9.57g (59.84%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.28g (1.56%), Sugar: 2.71g (3.01%), Cholesterol: 83.41mg (27.8%), Sodium: 320.84mg (13.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.35g (40.69%), Vitamin K: 48.98µg (46.65%), Vitamin B12: 2.43µg (40.58%), Zinc: 4.91mg (32.71%), Selenium: 17.91µg (25.59%), Vitamin B3: 5.03mg (25.13%), Vitamin B6: 0.44mg (22.22%), Vitamin C: 17.44mg (21.14%), Phosphorus: 198.05mg (19.81%), Manganese: 0.35mg (17.26%), Iron: 2.91mg (16.17%), Potassium: 436.15mg (12.46%), Vitamin B2: 0.2mg (11.63%), Magnesium: 32.35mg (8.09%), Folate: 27.76µg (6.94%), Vitamin B5: 0.69mg (6.86%), Fiber: 1.54g (6.16%), Copper: 0.11mg (5.66%), Calcium: 55.65mg (5.57%), Vitamin B1: 0.08mg (5.44%), Vitamin E: 0.79mg (5.29%), Vitamin A: 191.97IU (3.84%)