



 52%
HEALTH SCORE

Kentucky Burgoo Burgers and Southern Succotash

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1011 kcal

SIDE DISH

Ingredients

- 3 tablespoons cider vinegar
- 2 tablespoons brown sugar dark
- 1 Handful flat-leaf parsley fresh chopped
- 1 cup regular corn frozen
- 2 cloves garlic minced grated
- 1 bell pepper green seeded chopped
- 1 pound ground pork

- 1 pound ground sirloin
- 1 tablespoon hot sauce
- 1 cup lima beans *soaked overnight frozen
- 1 cup okra frozen chopped
- 4 tablespoons olive oil extra-virgin divided
- 1 small onion finely chopped
- 2 teaspoons paprika
- 0.5 cup pickled green beans plus 1 tablespoon pickling juice chopped
- 4 servings salt and pepper black freshly ground
- 4 sandwich-sized muffins split english
- 2 to 3 scallions chopped
- 2 tablespoons freshly thyme leaves chopped
- 1 cup tomato sauce
- 1 tablespoon worcestershire sauce

Equipment

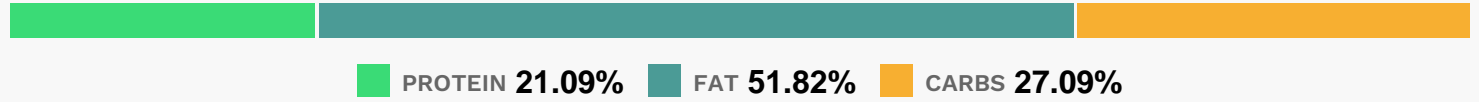
- frying pan
- pot

Directions

- Mix the meat with paprika, garlic, Worcestershire, parsley, salt and pepper.
- Heat a large skillet over medium high heat with a tablespoon extra-virgin olive oil, a turn of the pan. Form 4 large patties and make a indentation in the center of each burger to counteract the burger bulge that happens as the meat cooks. Cook burgers 6 minutes on each side, turning once.
- Heat a small pot over medium heat with 2 tablespoons extra-virgin olive oil, eyeball it.
- Add onions and peppers, cook 8 to 10 minutes then add salt, pepper, vinegar and brown sugar. Stir 1 minute, add tomato sauce and reduce heat to low. Simmer 5 minutes.
- Heat a medium skillet over medium high heat.
- Add 1 tablespoon extra-virgin olive oil, a turn of the pan.

- Add limas, corn, okra, pickled beans, hot sauce, thyme, salt and pepper and cook to heat through 5 to 6 minutes. Toss in scallions and turn off heat.
- Serve burgers on buttered toasted muffins with pepper and onion topping.
- Serve succotash alongside.

Nutrition Facts



Properties

Glycemic Index:92.88, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:46.247391151345%

Flavonoids

Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 1011.38kcal (50.57%), Fat: 58.55g (90.08%), Saturated Fat: 18.05g (112.83%), Carbohydrates: 68.86g (22.95%), Net Carbohydrates: 58.6g (21.31%), Sugar: 13.35g (14.83%), Cholesterol: 158.76mg (52.92%), Sodium: 961.64mg (41.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.63g (107.26%), Selenium: 71.6µg (102.28%), Vitamin B1: 1.37mg (91.63%), Vitamin B3: 14.78mg (73.92%), Vitamin C: 56.45mg (68.43%), Vitamin B6: 1.26mg (63.11%), Zinc: 9.37mg (62.48%), Phosphorus: 596.38mg (59.64%), Iron: 10.39mg (57.74%), Vitamin B12: 3.25µg (54.24%), Manganese: 1.07mg (53.63%), Vitamin K: 52.93µg (50.41%), Vitamin B2: 0.81mg (47.35%), Potassium: 1599.72mg (45.71%), Fiber: 10.26g (41.04%), Folate: 157.03µg (39.26%), Magnesium: 130.36mg (32.59%), Vitamin E: 4.16mg (27.76%), Vitamin A: 1379.96IU (27.6%), Copper: 0.53mg (26.38%), Vitamin B5: 2.3mg (23.04%), Calcium: 169.68mg (16.97%)