



## Korean Kimchi Burgers

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons asian chili garlic sauce divided
- 4 teaspoons ginger fresh divided minced
- 4 teaspoons garlic divided minced
- 0.5 cup green onions divided thinly sliced
- 1.5 pounds ground beef chuck
- 4 hamburger buns split
- 0.3 cup mayonnaise
- 3 cups napa cabbage shredded finely

- 3 tablespoons seasoned rice vinegar
- 1 tablespoon sesame oil divided toasted
- 2 tablespoons soya sauce

## Equipment

- bowl
- paper towels
- grill
- slotted spoon
- tongs

## Directions

- Heat grill to high (450 to 550).
- Mix cabbage, 1/4 cup green onions, the vinegar, 1 tsp. each garlic and ginger, 2 tsp. sesame oil, and 1/2 tsp. chili sauce in a large bowl. Set relish aside, stirring occasionally. In another bowl, mix mayonnaise with remaining 1 tsp. chili sauce.
- Combine beef, soy sauce, and remaining 1/4 cup green onions, 1 tbsp. each garlic and ginger, and 1 tsp. sesame oil. Shape into 4 patties, each about 1/2 in. thick.
- Oil cooking grate, using tongs and a wad of oiled paper towels. Grill burgers, covered, turning once, 7 to 8 minutes total for medium. In the final minutes, toast buns.
- Spread bun bottoms with chili mayonnaise. Set burgers on buns. With a slotted spoon, put some cabbage relish on each.
- Serve with remaining relish.
- Shortcut: Omit the relish and use kimchi from the refrigerated section of a supermarket or Asian market; the recipe will be saltier.

## Nutrition Facts

 PROTEIN **20.42%**  FAT **64.29%**  CARBS **15.29%**

## Properties

Glycemic Index:71.5, Glycemic Load:13.87, Inflammation Score:-6, Nutrition Score:26.804348069689%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## Nutrients (% of daily need)

Calories: 707.08kcal (35.35%), Fat: 49.85g (76.69%), Saturated Fat: 15.58g (97.41%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 24.64g (8.96%), Sugar: 4.85g (5.39%), Cholesterol: 126.65mg (42.22%), Sodium: 1018.28mg (44.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.25%), Vitamin K: 78.8µg (75.05%), Vitamin B12: 3.74µg (62.38%), Selenium: 38.52µg (55.03%), Zinc: 7.71mg (51.38%), Vitamin B3: 9.67mg (48.36%), Vitamin B6: 0.78mg (38.79%), Phosphorus: 353.73mg (35.37%), Iron: 5.45mg (30.26%), Folate: 107.99µg (27%), Vitamin B2: 0.44mg (25.78%), Manganese: 0.49mg (24.52%), Vitamin C: 19.33mg (23.44%), Vitamin B1: 0.35mg (23.3%), Potassium: 724.33mg (20.7%), Calcium: 154.82mg (15.48%), Magnesium: 54.19mg (13.55%), Copper: 0.21mg (10.53%), Vitamin B5: 1mg (10.03%), Vitamin E: 1.47mg (9.78%), Fiber: 2.03g (8.14%), Vitamin A: 315.68IU (6.31%), Vitamin D: 0.2µg (1.32%)