



Lettuce-Wrapped Vietnamese Pork Burgers



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup asian fish sauce
- ☐ 1 teaspoon pepper black plus more to taste
- ☐ 0.8 cup cilantro leaves
- ☐ 6 servings cucumber spears peeled
- ☐ 4 tablespoon ginger fresh peeled roughly chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1.3 pound ground pork
- ☐ 3 juice of lime juiced

- ☐ 2 tablespoon salt
- ☐ 1 small shallots minced

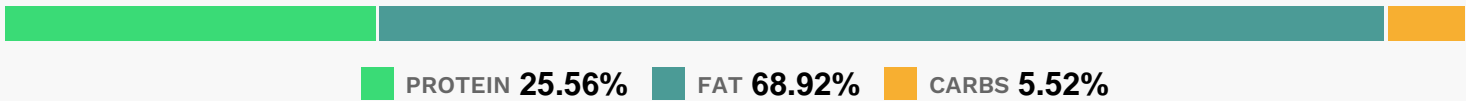
Equipment

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

Directions

- ☐ Add the onion, lemongrass, and ginger, to the bowl of a food processor. Process until finely chopped and paste like.
- ☐ Transfer the onion mixture to a medium sized bowl; add the pork, 2 tablespoons fish sauce, soy sauce, salt, pepper, coriander and about ½ of the chili peppers (optional).
- ☐ Mix them all together using your hands to assure that it is evenly mixed. Do not over mix.Shape the meat into 6 equal sized patties 3 or 4 inches in diameter. Refrigerate the patties at least one hour and up to 24 hours, so they are well chilled, and the flavors all meld together.Pre-heat a grill or grill pan to medium high heat. Grill the patties about 5 minutes per side for medium-rare (if using a charcoal grill, you will know the coals are ready when you can hold your hand 5 inches above the coals for just 3 or 4 seconds).Prepare the toppings:Stir the shallot, remaining ¼-cup fish sauce, limejuice, the remaining chilies (optional) in small bowl and set aside.Toss the shredded lettuce, cilantro, mint, carrot and daikon matchsticks, and â€œsaladâ€ style in a medium bowl.
- ☐ Add the dressing and toss well.To serve place each burger onto a whole lettuce leaf. Top with the â€œsaladâ€ of lettuce, cilantro, carrots and daikon. Wrap the leaf around the burger to hole the toppings in place.
- ☐ Serve with the cucumber spears.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:11.063478342865%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 264.81kcal (13.24%), Fat: 20.16g (31.01%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.06g (1.11%), Sugar: 1.05g (1.16%), Cholesterol: 68.04mg (22.68%), Sodium: 3139.76mg (136.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.82g (33.63%), Vitamin B1: 0.7mg (46.87%), Selenium: 24.35µg (34.79%), Vitamin B3: 4.42mg (22.1%), Vitamin B6: 0.43mg (21.61%), Phosphorus: 175.3mg (17.53%), Zinc: 2.18mg (14.53%), Vitamin B2: 0.24mg (13.96%), Vitamin B12: 0.71µg (11.8%), Potassium: 370.8mg (10.59%), Magnesium: 41.32mg (10.33%), Vitamin C: 6.42mg (7.78%), Vitamin B5: 0.7mg (7.01%), Vitamin K: 6.95µg (6.61%), Iron: 1.14mg (6.35%), Manganese: 0.12mg (6.08%), Copper: 0.08mg (4.02%), Folate: 14.52µg (3.63%), Vitamin A: 152.94IU (3.06%), Calcium: 28.53mg (2.85%), Fiber: 0.57g (2.29%)