



Lucques Pork Burger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



845 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon finely chopped (2 oz. total)
- 2 teaspoons thyme leaves fresh
- 1 teaspoon ground cumin
- 1.5 pounds ground pork
- 4 hamburger buns toasted
- 4 ounces sausage italian hot firm crumbled
- 0.3 cup olive oil
- 2 tablespoons parsley chopped

0.3 cup shallots minced

Equipment

bowl

grill

Directions

In a large bowl, mix ground pork, chorizo, bacon, olive oil, shallots, parsley, thyme, and cumin. Form mixture into four equal patties about 3/4 inch thick.

Lay burgers on a barbecue grill over a bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook burgers, turning once, just until no longer pink in the middle (except for pieces of chorizo; cut to test), 13 to 15 minutes total; keep a spray bottle of water handy to douse any flames. Set burgers on buns.

Nutrition Facts

PROTEIN 18.59% **FAT 69.49%** **CARBS 11.92%**

Properties

Glycemic Index:50.5, Glycemic Load:13.61, Inflammation Score:-8, Nutrition Score:26.962608981392%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 844.88kcal (42.24%), Fat: 64.63g (99.43%), Saturated Fat: 20.29g (126.79%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 23.44g (8.52%), Sugar: 4.32g (4.8%), Cholesterol: 151.28mg (50.43%), Sodium: 591.82mg (25.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.92g (77.83%), Vitamin B1: 1.68mg (112.28%), Selenium: 62.99µg (89.98%), Vitamin B3: 10.64mg (53.18%), Vitamin B6: 0.85mg (42.57%), Phosphorus: 410.78mg (41.08%), Vitamin K: 43.14µg (41.08%), Vitamin B2: 0.6mg (35.01%), Zinc: 4.82mg (32.11%), Vitamin B12: 1.59µg (26.49%), Iron: 4.23mg (23.53%), Potassium: 709.78mg (20.28%), Manganese: 0.35mg (17.63%), Folate: 59.76µg (14.94%), Vitamin E: 2.14mg (14.3%), Vitamin B5: 1.4mg (13.97%), Magnesium: 55.03mg (13.76%), Calcium: 108.46mg (10.85%), Vitamin C: 7.8mg (9.45%), Copper: 0.18mg (8.83%), Fiber: 1.51g (6.02%), Vitamin A: 239.34IU

(4.79%)