



Manchecho-Stuffed Pork Burgers

READY IN



35 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 4 cloves garlic
- 0.5 teaspoon ground allspice
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1.3 pounds coarsely ground pork
- 4 servings kosher salt and pepper freshly ground
- 0.3 pound manchecho cheese
- 3 tablespoons mayonnaise

- 1 tablespoon oregano dried
- 0.3 cup pimiento-stuffed olives spanish
- 4 servings pimientos red for topping
- 2 teaspoons paprika smoked
- 4 portuguese rolls split
- 2 tablespoons vegetable oil plus more for brushing

Equipment

- food processor
- bowl
- grill

Directions

- Preheat a grill to medium-high.
- Place the 2 tablespoons vegetable oil, the olives, garlic, oregano, chili powder, paprika, coriander, cumin and allspice in a food processor; pulse until smooth. Scrape the mixture into a large bowl and stir in 2 tablespoons mayonnaise.
- Mix the pork into the olive mixture; season with salt and pepper. Shape into 4 patties, about 1/2 inch thick. Make a deep pocket in each; stuff with some manchego, then close the patty around the cheese.
- Brush the burgers with oil; season with salt and pepper.
- Brush the grill with oil; grill the burgers until marked on the bottom, 5 minutes. Flip and continue grilling until just cooked through, 5 more minutes.
- Brush the cut sides of the rolls with the remaining 1 tablespoon mayonnaise; grill until lightly toasted.
- Serve the burgers on the rolls with your choice of toppings.
- Photograph by Antonis Achilleos

Nutrition Facts

 PROTEIN **18.08%**  FAT **64.04%**  CARBS **17.88%**

Properties

Glycemic Index:55, Glycemic Load:23.36, Inflammation Score:-9, Nutrition Score:23.663913027748%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 832.07kcal (41.6%), Fat: 59.01g (90.79%), Saturated Fat: 20.79g (129.95%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 33.74g (12.27%), Sugar: 4.82g (5.35%), Cholesterol: 136.8mg (45.6%), Sodium: 971.62mg (42.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.98%), Iron: 13.47mg (74.81%), Vitamin B1: 1.06mg (70.8%), Selenium: 36.31µg (51.87%), Vitamin K: 40.51µg (38.58%), Calcium: 379.29mg (37.93%), Vitamin B6: 0.66mg (33.19%), Vitamin B3: 6.62mg (33.11%), Phosphorus: 271.29mg (27.13%), Vitamin A: 1320.62IU (26.41%), Zinc: 3.39mg (22.58%), Vitamin B2: 0.38mg (22.37%), Vitamin E: 2.52mg (16.82%), Vitamin B12: 1µg (16.75%), Potassium: 521.42mg (14.9%), Fiber: 3.32g (13.26%), Manganese: 0.21mg (10.63%), Vitamin B5: 1.04mg (10.4%), Magnesium: 40.77mg (10.19%), Copper: 0.13mg (6.55%), Folate: 12.3µg (3.07%), Vitamin C: 2.3mg (2.78%)