



Masala Burgers with Tangy Tamarind Sauce and Red Onion-Mint Relish

 Dairy Free

READY IN



53 min.

SERVINGS



6

CALORIES



934 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces ginger fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 tablespoons garam masala
- ☐ 2 ounces garlic cloves chopped
- ☐ 0.5 teaspoon ground cayenne
- ☐ 2 teaspoons ground cayenne
- ☐ 1 teaspoon ground cumin

- ☐ 2 pounds ground sirloin
- ☐ 6 hamburger buns whole-wheat split
- ☐ 0.5 head iceberg lettuce sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup brown sugar light
- ☐ 0.3 cup olive oil extra-virgin recommended: Colavita
- ☐ 0.3 cup olive oil extra-virgin for brushing on the grill rack and buns recommended: colavita
- ☐ 2 cups onion red thinly sliced
- ☐ 2 medium roma tomatoes thinly sliced lengthwise
- ☐ 14 ounce tamarind pulp frozen thawed recommended: Goya or La Fe brand

Equipment

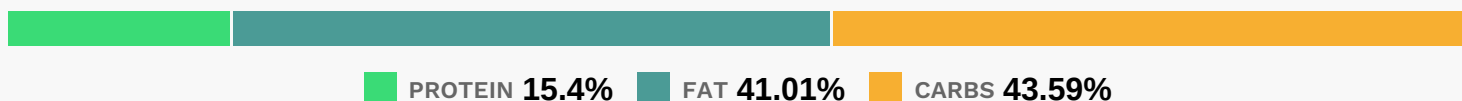
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- ☐ Place the thawed pulp in a non-reactive (stainless steel or anodized aluminum) 3-quart fire-proof saucepan.
- ☐ Add the brown sugar, cumin, cayenne, and salt and mix well.
- ☐ Place the pan on the grill and let the mixture simmer for 10 to 15 minutes, stirring occasionally. The mixture will thicken and result in about 1 cup of sauce.

- ☐ Transfer the sauce to a small glass bowl and let it cool.;
- ☐ Place the ginger and garlic in the bowl of a food processor. Pulse a few times until finely chopped.
- ☐ Place the oil in a medium-sized nonstick fire-proof skillet.
- ☐ Place the skillet on the grill and let heat for a few minutes.
- ☐ Transfer the chopped garlic and ginger to the skillet and cook, stirring occasionally, until golden brown, just a few minutes.
- ☐ Add the garam masala and cayenne and cook until the mixture turns brown.
- ☐ Remove from the heat and set aside to cool for a few minutes.
- ☐ Add the salt and mix well.
- ☐ Transfer the spice mixture to a large bowl.
- ☐ Add the beef and mix well. Divide the mixture into 6 equal portions and form 6 patties.
- ☐ Transfer the patties to a large baking dish and refrigerate.
- ☐ Combine the onion, tomatoes, mint, salt, and lemon juice in a medium-sized glass bowl, mix well, and refrigerate.
- ☐ When the grill is ready, brush the grill rack with oil.
- ☐ Place the patties on the rack, cover, and grill for 3 to 4 minutes. Turn the patties over, cover, and grill for another 3 to 5 minutes or until done to your liking.
- ☐ Transfer the patties to a serving platter.
- ☐ Brush the cut sides of the buns with oil and grill them until lightly browned, 1 to 2 minutes.
- ☐ To assemble the burgers, place enough lettuce to cover the browned side of the bottom buns.
- ☐ Spread about 2 tablespoons of the sauce on each of them.
- ☐ Add the patties and then add a few tablespoons of relish on each patty.
- ☐ Add the top buns and serve.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:40.31, Inflammation Score:-8, Nutrition Score:31.2099999944853%

Flavonoids

Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 933.77kcal (46.69%), Fat: 43.5g (66.92%), Saturated Fat: 12g (75.02%), Carbohydrates: 104.01g (34.67%), Net Carbohydrates: 96.91g (35.24%), Sugar: 59.64g (66.26%), Cholesterol: 102.81mg (34.27%), Sodium: 1321.36mg (57.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.51%), Vitamin B12: 3.37µg (56.12%), Selenium: 38.59µg (55.13%), Vitamin B3: 10.67mg (53.37%), Zinc: 7.58mg (50.53%), Vitamin B1: 0.66mg (44.07%), Iron: 7.84mg (43.56%), Vitamin B6: 0.87mg (43.29%), Phosphorus: 432.15mg (43.21%), Potassium: 1267.38mg (36.21%), Manganese: 0.67mg (33.68%), Magnesium: 123.43mg (30.86%), Vitamin B2: 0.52mg (30.63%), Vitamin K: 30.25µg (28.81%), Fiber: 7.11g (28.42%), Vitamin E: 3.84mg (25.57%), Folate: 92.8µg (23.2%), Vitamin C: 18.12mg (21.96%), Calcium: 211.94mg (21.19%), Vitamin A: 930.41IU (18.61%), Copper: 0.33mg (16.59%), Vitamin B5: 1.18mg (11.81%), Vitamin D: 0.15µg (1.01%)