



Memphis Style BBQ Burger

READY IN



90 min.

SERVINGS



4

CALORIES



1102 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 1 tablespoon apple cider vinegar
- 1 teaspoon double-acting baking powder
- 2 tablespoons bourbon
- 2 tablespoons brown sugar
- 4 burger buns
- 1 cup buttermilk
- 4 servings canola oil for frying
- 1 teaspoon cayenne

- 1 teaspoon cayenne pepper
- 1 cup flour all-purpose
- 8 ounces cabbage shredded green
- 1 tomatoes green
- 8 ounces ground beef
- 1.5 pounds ground pork
- 1 teaspoon honey
- 1 cup catsup
- 2 teaspoons kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon mayonnaise
- 2 tablespoons blackstrap molasses
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 tablespoons juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 0.5 onion shredded red
- 2 tablespoons worcestershire
- 1 tablespoon mustard yellow
- 2 tablespoons mustard yellow

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill
- spatula

Directions

- For the burger: Preheat the grill to medium-high heat.
- Combine the pork and beef, sprinkling with salt and pepper. Form 4 patties and indent well in the middle.
- Put the burgers on the very hot grill, flipping when they release. Do not flatten with a spatula. Cook the pork fully, to an internal temperature of 130 degree F.
- Combine the cabbage, onions, mustard, pickle juice, mayonnaise, vinegar, salt, cayenne and onion powder in a large bowl and mix well.
- Let sit for the flavors to meld together.
- Combine the ketchup, vinegar, 1/2 cup water, the bourbon, molasses, brown sugar, Worcestershire sauce, honey, mustard, cayenne, paprika and some salt and pepper in a saucepan over medium-high heat. Bring to a boil, then reduce the heat and simmer on low for 30 minutes. Thin with additional water if needed.
- For the tomatoes: Bring a few inches of oil to 340 degrees F in a cast-iron skillet.
- Whisk the flour with the baking powder in a shallow bowl to combine. Slice the tomato thin and season with salt and pepper. Dredge in the flour mixture, then the buttermilk, then the flour again. Fry the breaded tomatoes until crisp and brown, about 2 minutes on each side. Season.
- Layer a burger, some coleslaw and some BBQ sauce on a bun. Top with a fried green tomato. Repeat with remaining ingredients.
- Serve immediately.

Nutrition Facts



PROTEIN 18.66% **FAT 47.93%** **CARBS 33.41%**

Properties

Glycemic Index:186.82, Glycemic Load:36.73, Inflammation Score:-9, Nutrition Score:43.545651850493%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 1102.29kcal (55.11%), Fat: 57.6g (88.62%), Saturated Fat: 20.02g (125.13%), Carbohydrates: 90.36g (30.12%), Net Carbohydrates: 85.53g (31.1%), Sugar: 38.63g (42.92%), Cholesterol: 170.8mg (56.93%), Sodium: 2612.59mg (113.59%), Alcohol: 2.51g (100%), Alcohol %: 0.5% (100%), Protein: 50.45g (100.9%), Vitamin B1: 1.88mg (125.46%), Selenium: 81.69µg (116.7%), Vitamin B3: 15mg (74.99%), Vitamin B2: 1.04mg (61.38%), Phosphorus: 610.94mg (61.09%), Vitamin B6: 1.22mg (61.03%), Vitamin K: 60.75µg (57.86%), Manganese: 1.02mg (50.77%), Zinc: 7.34mg (48.92%), Vitamin B12: 2.77µg (46.17%), Iron: 7.76mg (43.13%), Vitamin C: 35.22mg (42.69%), Potassium: 1459.35mg (41.7%), Folate: 151.62µg (37.91%), Calcium: 317.34mg (31.73%), Magnesium: 120.22mg (30.05%), Vitamin A: 1352.29IU (27.05%), Vitamin B5: 2.25mg (22.52%), Copper: 0.41mg (20.39%), Fiber: 4.82g (19.3%), Vitamin E: 2.59mg (17.25%), Vitamin D: 0.84µg (5.62%)