



## Mini Pork Cheeseburgers

READY IN



60 min.

SERVINGS



10

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon parsley fresh chopped
- 1 clove garlic chopped
- 1 pound ground pork
- 10 servings kosher salt and pepper freshly ground
- 2 large onions thinly sliced
- 10 slices pepper jack cheese
- 10 small rolls halved lengthwise
- 3 tablespoons butter unsalted

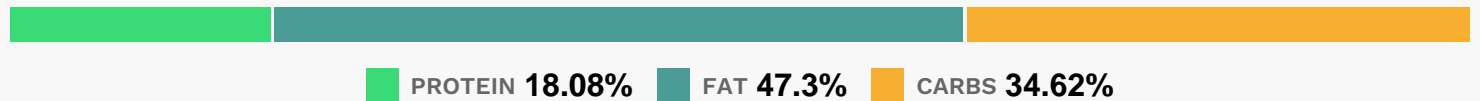
## Equipment

- bowl
- frying pan
- grill
- grill pan

## Directions

- Melt the butter in a skillet over medium heat.
- Add the onions; cook until soft and golden, about 10 minutes. Raise the heat to medium-high and continue cooking, stirring, until uniformly brown, 5 to 10 more minutes. Season with salt and pepper and set aside.
- Mix the pork, garlic and parsley in a bowl. Season the mixture with salt and pepper and form into 10 small patties, being careful not to pack them too tightly.
- Heat a grill pan over medium heat; grill the patties until medium-rare, about 4 minutes per side.
- Place a cheese slice on the bottom half of each roll; top with a burger, some caramelized onions and the roll top.
- Photograph by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:18.9, Glycemic Load:23.65, Inflammation Score:-3, Nutrition Score:10.578260779381%

## Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

## Nutrients (% of daily need)

Calories: 413.57kcal (20.68%), Fat: 21.62g (33.26%), Saturated Fat: 9.75g (60.95%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 34g (12.36%), Sugar: 5.72g (6.35%), Cholesterol: 60.38mg (20.13%), Sodium: 639.65mg (27.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.59g (37.19%), Iron: 11.3mg (62.75%), Vitamin B1: 0.35mg (23.34%), Selenium: 14.44µg (20.63%), Phosphorus: 183.02mg (18.3%), Calcium: 178.52mg (17.85%), Vitamin B2: 0.2mg (11.69%), Vitamin B6: 0.23mg (11.53%), Zinc: 1.69mg (11.27%), Vitamin B3: 2.03mg (10.16%), Vitamin B12: 0.5µg (8.32%), Vitamin K: 7.5µg (7.15%), Fiber: 1.59g (6.38%), Vitamin A: 303.95IU (6.08%), Potassium: 195.46mg (5.58%), Magnesium: 17.65mg (4.41%), Vitamin B5: 0.39mg (3.92%), Vitamin C: 3.16mg (3.83%), Folate: 12.49µg (3.12%), Manganese: 0.05mg (2.59%), Copper: 0.04mg (2.06%), Vitamin D: 0.19µg (1.26%), Vitamin E: 0.16mg (1.08%)