



Pecan-Crusted Pork Burgers With Dried Apricot-Chipotle Mayonnaise

READY IN



33 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings apricots dried
- ☐ 4 boston lettuce leaves
- ☐ 1 tablespoon butter melted
- ☐ 1.5 pounds ground pork lean
- ☐ 4 hawaiian rolls split french
- ☐ 2 tablespoons mayonnaise dried
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.3 teaspoon pepper

☐ 0.5 teaspoon salt

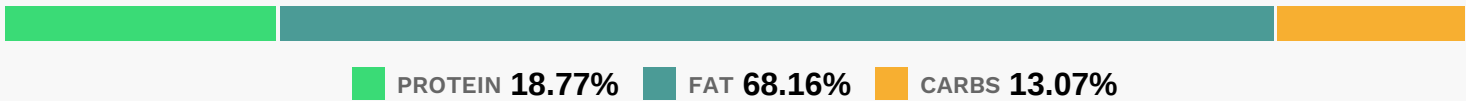
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400(medium-high) heat.
- ☐ Gently combine pork and reserved 2 Tbsp. mayonnaise mixture until blended, using hands. Shape into 4 (4-inch-wide, 1-inch-thick) patties.
- ☐ Stir together butter and next 3 ingredients in a small bowl until well blended.
- ☐ Sprinkle each patty with about 2 Tbsp. pecan mixture (about 1 Tbsp. on each side), gently pressing to adhere.
- ☐ Grill pecan-covered pork patties, covered with grill lid, over 350 to 400 (medium-high) heat 6 to 8 minutes on each side or until a meat thermometer inserted into centers registers 15
- ☐ Grill buns, cut sides down, 1 to 2 minutes or until lightly toasted.
- ☐ Serve burgers on buns with lettuce and Dried Apricot-Chipotle Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:61.42, Glycemic Load:13.01, Inflammation Score:-6, Nutrition Score:25.886956560871%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.43mg, Quercetin:

0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 736.91kcal (36.85%), Fat: 55.65g (85.62%), Saturated Fat: 17.22g (107.59%), Carbohydrates: 24g (8%), Net Carbohydrates: 21.71g (7.89%), Sugar: 3.95g (4.39%), Cholesterol: 132.93mg (44.31%), Sodium: 666.1mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.49g (68.98%), Vitamin B1: 1.58mg (105.23%), Selenium: 54.35µg (77.65%), Vitamin B3: 9.4mg (46.99%), Manganese: 0.91mg (45.64%), Phosphorus: 386.53mg (38.65%), Vitamin B6: 0.72mg (36.05%), Vitamin B2: 0.56mg (32.8%), Zinc: 4.72mg (31.47%), Vitamin K: 29.78µg (28.36%), Vitamin B12: 1.29µg (21.52%), Iron: 3.54mg (19.65%), Potassium: 638.75mg (18.25%), Folate: 63.44µg (15.86%), Magnesium: 61.11mg (15.28%), Copper: 0.29mg (14.67%), Vitamin B5: 1.3mg (12.96%), Vitamin A: 628.73IU (12.57%), Calcium: 102.78mg (10.28%), Fiber: 2.3g (9.19%), Vitamin E: 0.65mg (4.37%), Vitamin C: 2.55mg (3.1%)