



Perfect Pork Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon
- 4 servings coleslaw for topping
- 0.3 teaspoon rubbed sage dried
- 1 clove garlic minced
- 1 pound ground pork
- 4 servings kosher salt and pepper freshly ground
- 4 servings pepper freshly ground
- 4 potato buns split
- 4 servings butter unsalted softened for spreading

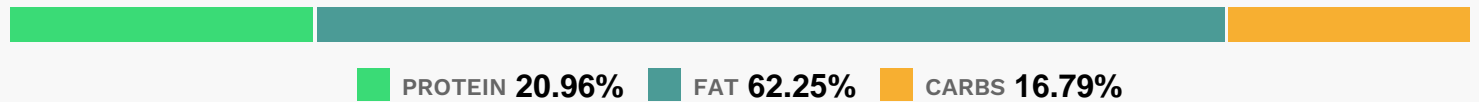
Equipment

- food processor
- bowl
- grill

Directions

- Pulse the bacon and garlic in a food processor until coarsely ground.
- Combine the ground pork, 1 teaspoon salt, 1/4 teaspoon pepper and the sage in a large bowl.
- Add the bacon mixture and gently mix with your hands. Gently form the meat into 4 balls, then lightly press into 4-inch-wide, 1-inch-thick patties. Make a 2-inch-wide indentation in the center of each with your thumb to prevent the burgers from bulging when grilled.
- Preheat a grill to medium high. Season the patties with pepper. Grill, undisturbed, until marked on the bottom, 5 to 6 minutes. Turn and grill until the other side is marked and the patties feel firm, 4 to 6 more minutes. Meanwhile, spread the cut sides of the buns with butter and toast on the grill.
- Serve the patties on the buns; top with coleslaw.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:16.761739160704%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 580.25kcal (29.01%), Fat: 40.49g (62.3%), Saturated Fat: 15.15g (94.7%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 23.5g (8.55%), Sugar: 5.03g (5.58%), Cholesterol: 110.55mg (36.85%), Sodium: 619.89mg (26.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.35%), Vitamin B1: 1.21mg (80.71%), Selenium: 33.59µg (47.98%), Vitamin B3: 9mg (45.02%), Vitamin B2: 0.46mg (27.15%), Vitamin B6: 0.52mg

(25.93%), Phosphorus: 240.82mg (24.08%), Folate: 85.81µg (21.45%), Zinc: 2.84mg (18.91%), Calcium: 170.86mg (17.09%), Iron: 2.94mg (16.36%), Vitamin B12: 0.94µg (15.66%), Potassium: 387.25mg (11.06%), Vitamin B5: 0.92mg (9.24%), Magnesium: 25.46mg (6.36%), Fiber: 1.08g (4.3%), Copper: 0.07mg (3.37%), Vitamin A: 145.03IU (2.9%), Manganese: 0.04mg (2.11%), Vitamin C: 1.4mg (1.69%), Vitamin E: 0.24mg (1.59%), Vitamin K: 1.39µg (1.33%), Vitamin D: 0.19µg (1.23%)