



## Pork and Chorizo Chile Burger

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 anaheim chili seeds removed halved
- 1 avocado pitted halved
- 4 servings pepper black freshly ground
- 6 ounces chorizo fresh (casings removed if links)
- 1 tablespoon cilantro leaves fresh coarsely chopped
- 2 medium garlic clove finely chopped
- 1 pound ground pork
- 16 inch hawaiian rolls toasted halved

- 4 servings kosher salt
- 2 teaspoons juice of lime freshly squeezed
- 4 servings vegetable oil for coating the grill and the avocado

## Equipment

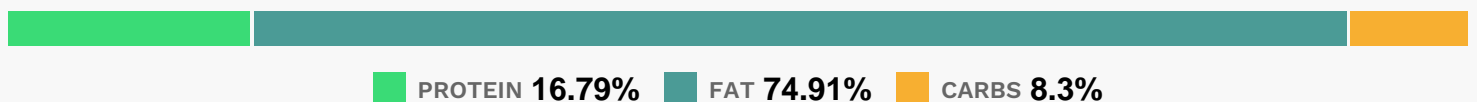
- bowl
- paper towels
- plastic wrap
- grill
- kitchen thermometer
- aluminum foil
- spatula
- tongs
- grill pan
- cutting board

## Directions

- Place the pork, chorizo, and garlic in a large bowl and use your hands to evenly combine. Divide the meat into 4 equal portions. Shape each portion into an even 1/4- to 1/2-inch-thick patty (the patties will be very thin). Using your thumb, make a shallow 1-1/2-inch-wide indentation in the center of each patty (this helps the burgers cook more evenly).
- Transfer the patties to a plate and refrigerate while you prepare the grill.
- Heat a grill pan or outdoor grill to medium-high (about 375°F to 425°F). When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil.
- Place the chiles on the grill, close the grill, and cook, turning occasionally, until softened and charred on both sides, about 10 minutes.
- Remove to a medium bowl and cover tightly with plastic wrap or a lid.
- Let the chiles steam until the skins can be easily peeled away, about 10 minutes. Meanwhile, grill the avocado.
- Brush the cut sides of the avocado halves with vegetable oil and season with salt.

- Place them cut-side down on the grill and cook until grill marks form and the avocados soften, about 4 to 5 minutes.
- Remove to a cutting board or work surface until cool enough to handle, about 5 minutes. Meanwhile, peel and discard the skins from the chiles and transfer them to a small bowl.
- Sprinkle with 2 teaspoons of the lime juice, season with salt, and toss to coat; set aside. When the avocados are ready, use a spoon to scoop out the flesh, place it in a medium bowl, and mash with a fork into rough chunks.
- Mix in the cilantro and the remaining 1 tablespoon lime juice. Taste and season with salt and pepper as needed; set aside.
- Remove the pork patties from the refrigerator and lightly season both sides with salt and pepper.
- Place the patties on the grill indentation-side up, close the grill, and cook undisturbed (do not press down on the patties) until grill marks appear on the bottom, about 5 to 6 minutes. Using a spatula, flip the burgers, close the grill, and cook until an instant-read thermometer registers 145°F, about 6 minutes more.
- Remove to a clean plate and let rest in a warm place or tent loosely with foil for 5 minutes.
- Place the toasted buns on a work surface. Divide the avocado mixture among the bottom buns. Top each with a patty and a quarter of the chiles and close with a bun top.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:3.56, Inflammation Score:-4, Nutrition Score:18.657826154128%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 670.49kcal (33.52%), Fat: 55.7g (85.69%), Saturated Fat: 16.02g (100.1%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 8.42g (3.06%), Sugar: 2.99g (3.33%), Cholesterol: 108.22mg (36.07%), Sodium: 498.28mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.18%), Vitamin B1: 0.92mg (61.51%), Selenium: 31.08µg (44.4%), Vitamin K: 37.3µg (35.52%), Vitamin B3: 6.23mg (31.17%), Vitamin B6: 0.59mg (29.49%), Phosphorus: 237.69mg (23.77%), Fiber: 5.47g (21.87%), Vitamin B2: 0.36mg (21.43%), Zinc: 2.91mg (19.41%), Potassium: 592.39mg (16.93%), Vitamin C: 13.92mg (16.87%), Vitamin E: 2.22mg (14.82%), Vitamin B5: 1.47mg (14.69%), Folate: 56.3µg (14.07%), Iron: 2.49mg (13.82%), Vitamin B12: 0.81µg (13.57%), Magnesium: 39.23mg (9.81%), Manganese: 0.18mg (8.9%), Copper: 0.16mg (8.22%), Vitamin A: 241.96IU (4.84%), Calcium: 40.23mg (4.02%)