



Pork Burgers With Bacon Marmalade

READY IN



40 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon chopped
- 1.3 pounds ground pork
- 4 hamburger buns split toasted
- 1 teaspoon hot sauce plus more to taste
- 4 servings kosher salt and pepper freshly ground
- 2 teaspoons olive oil extra-virgin plus more for drizzling
- 1 large onion chopped
- 0.5 teaspoon red wine vinegar plus more for drizzling
- 1 romaine lettuce heart thinly sliced

- 1 teaspoon sugar
- 4 slices swiss cheese
- 2 medium tomatoes sliced chopped (1, 1)

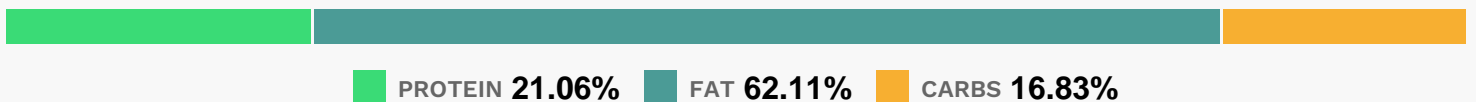
Equipment

- frying pan
- oven

Directions

- Make the bacon marmalade: Cook the bacon in a large nonstick skillet over medium-high heat until almost crisp, 5 minutes.
- Pour out half of the drippings, add the onion to the skillet and cook, stirring, until the onion browns, 10 more minutes (add a splash of water if the onion sticks). Stir in the hot sauce, sugar, vinegar, and salt and pepper to taste.
- Form the pork into four 4-inch-wide patties; season with salt and pepper.
- Heat the olive oil in a large skillet over medium-high heat, then add the patties and cook 4 to 5 minutes per side, topping each with a slice of cheese about 3 minutes before they're done.
- Spread the bacon marmalade on the bun bottoms and top each with some lettuce, a patty, a tomato slice and a bun top.
- Drizzle the remaining lettuce and the chopped tomato with olive oil and vinegar, and season with salt and pepper; toss.
- Serve with the burgers.
- Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:15.04, Inflammation Score:-8, Nutrition Score:26.250869660274%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 700.34kcal (35.02%), Fat: 47.91g (73.7%), Saturated Fat: 17.85g (111.56%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 26.91g (9.79%), Sugar: 7.43g (8.26%), Cholesterol: 132.39mg (44.13%), Sodium: 694.34mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.08%), Vitamin B1: 1.38mg (91.94%), Selenium: 56.33µg (80.47%), Vitamin B3: 9.27mg (46.37%), Phosphorus: 448.64mg (44.86%), Vitamin B6: 0.74mg (37.07%), Vitamin B2: 0.56mg (32.8%), Zinc: 4.62mg (30.81%), Vitamin B12: 1.7µg (28.36%), Vitamin A: 1283.96IU (25.68%), Calcium: 251.52mg (25.15%), Potassium: 734.46mg (20.98%), Manganese: 0.39mg (19.29%), Folate: 74.97µg (18.74%), Iron: 3.17mg (17.6%), Vitamin C: 13.78mg (16.71%), Vitamin K: 15.71µg (14.97%), Magnesium: 56.65mg (14.16%), Vitamin B5: 1.25mg (12.54%), Fiber: 2.3g (9.2%), Copper: 0.18mg (9.14%), Vitamin E: 0.95mg (6.34%)