



Pork burgers with herby chips

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large baking potatoes cut into wedges
- ☐ 1 bell pepper red deseeded cut into quarters
- ☐ 1 tbsp vegetable oil
- ☐ 2 tsp herbs mixed dried
- ☐ 500 g ground pork
- ☐ 3 garlic clove crushed
- ☐ 2 tsp paprika smoked (see tip)
- ☐ 1 large eggs

- ☐ 4 tbsp mayonnaise
- ☐ 4 servings hawaiian rolls

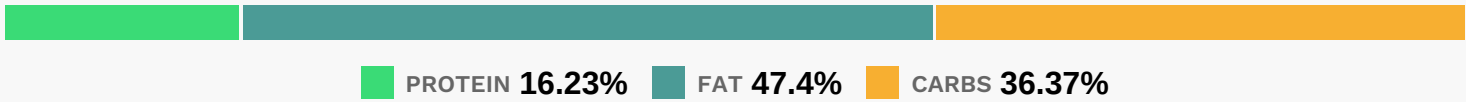
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 230C/210C fan/gas
- ☐ Toss the potatoes and pepper with 1 tbsp oil and 1 tsp herbs on a large baking tray. Roast for 25 mins, turning once, until the chips are golden and the pepper soft.
- ☐ Meanwhile, mix the mince, two-thirds of the garlic, the paprika, egg, remaining herbs and seasoning in a bowl. Shape into 4 burgers. Can now be frozen.
- ☐ Heat a frying pan, add 1 tsp oil, then cook for 15 mins, turning halfway.
- ☐ Mix the mayonnaise with the remaining garlic.
- ☐ Season the chips.
- ☐ Serve the burgers in buns with lettuce, onion, red pepper and garlic mayo with the chips alongside.

Nutrition Facts



Properties

Glycemic Index:68.44, Glycemic Load:52.86, Inflammation Score:-9, Nutrition Score:36.671304645746%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 824.96kcal (41.25%), Fat: 43.58g (67.05%), Saturated Fat: 12.86g (80.35%), Carbohydrates: 75.25g (25.08%), Net Carbohydrates: 69.59g (25.31%), Sugar: 6.36g (7.07%), Cholesterol: 142.3mg (47.43%), Sodium: 404.27mg (17.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.57g (67.15%), Vitamin B1: 1.41mg (93.95%), Vitamin B6: 1.62mg (81.14%), Selenium: 48.15µg (68.79%), Vitamin C: 56.35mg (68.3%), Vitamin B3: 10.54mg (52.68%), Potassium: 1685.56mg (48.16%), Vitamin K: 50.13µg (47.74%), Phosphorus: 457.77mg (45.78%), Manganese: 0.83mg (41.56%), Vitamin B2: 0.62mg (36.2%), Iron: 6.45mg (35.81%), Vitamin A: 1539.23IU (30.78%), Zinc: 4.24mg (28.24%), Folate: 108.14µg (27.04%), Magnesium: 106.38mg (26.6%), Fiber: 5.65g (22.61%), Copper: 0.42mg (21.24%), Vitamin B5: 2.02mg (20.16%), Vitamin B12: 1.09µg (18.15%), Calcium: 145.18mg (14.52%), Vitamin E: 1.82mg (12.14%), Vitamin D: 0.28µg (1.85%)