



Pork & fennel burgers with fennel slaw

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pork sausage
- ☐ 1 tsp fennel seeds
- ☐ 1 pinch pepper dried
- ☐ 1 lemon zest
- ☐ 2 tbsp mayonnaise reduced-fat
- ☐ 0.5 onion thinly sliced
- ☐ 1 fennel bulb thinly sliced
- ☐ 4 bread split

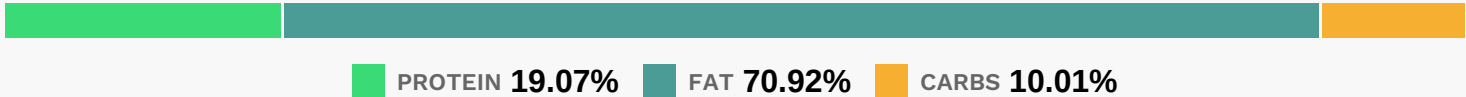
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Snip the tops off the sausages and squeeze the meat out into a bowl. Stir in the fennel seeds, chilli flakes and half the zest, then shape into 4 patties.
- ☐ Place the burgers on a baking sheet and cook for 25–30 mins until golden and cooked through.
- ☐ Meanwhile, mix the remaining zest and juice with the mayo and seasoning, then stir in the onion and fennel. Leave to stand while the burgers finish cooking.
- ☐ Place a burger in each roll with some slaw, serving any extra on the side.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:8.53, Inflammation Score:-4, Nutrition Score:23.123043454212%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 806.56kcal (40.33%), Fat: 62.99g (96.91%), Saturated Fat: 20.38g (127.36%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 16.48g (5.99%), Sugar: 4.8g (5.33%), Cholesterol: 163.84mg (54.61%), Sodium: 1659.6mg (72.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.21%), Vitamin B3: 12.62mg (63.12%), Vitamin B1: 0.75mg (50.15%), Vitamin K: 42.85µg (40.81%), Vitamin B6: 0.77mg (38.61%), Phosphorus: 378.2mg (37.82%), Zinc: 5.36mg (35.76%), Vitamin B12: 1.92µg (32.02%), Manganese: 0.51mg (25.41%), Potassium:

875.75mg (25.02%), Iron: 4.09mg (22.73%), Vitamin B2: 0.37mg (21.88%), Vitamin D: 2.94µg (19.59%), Vitamin B5: 1.91mg (19.08%), Vitamin C: 11.72mg (14.2%), Magnesium: 56.77mg (14.19%), Fiber: 3.53g (14.14%), Selenium: 8.74µg (12.49%), Copper: 0.24mg (12.14%), Folate: 44.95µg (11.24%), Calcium: 95.66mg (9.57%), Vitamin E: 0.99mg (6.61%), Vitamin A: 262.46IU (5.25%)