

Saté Burgers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 0.3 cup dry-roasted peanuts unsalted finely chopped
- ☐ 1.5 tablespoons fish sauce
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.8 pound ground pork
- ☐ 0.8 pound ground turkey breast

- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 0.5 teaspoon salt

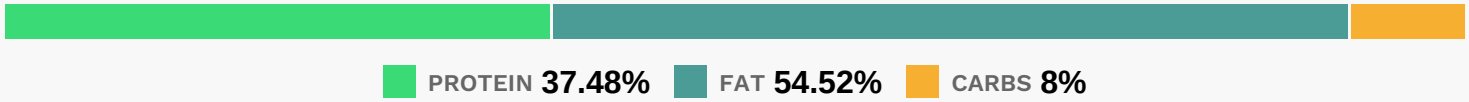
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 11 ingredients. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 7 minutes on each side or until a thermometer registers 16
- ☐ Remove from grill; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:13.136956564758%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 266.5kcal (13.33%), Fat: 16.23g (24.98%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.2g (3.55%), Cholesterol: 72.01mg (24%), Sodium: 641.1mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.21%), Vitamin B3: 9.04mg (45.18%), Selenium: 27.64µg (39.48%), Vitamin B6: 0.76mg (38.13%), Vitamin B1: 0.48mg (31.89%), Phosphorus: 258.06mg (25.81%), Zinc: 2.43mg (16.2%), Vitamin B2: 0.21mg (12.17%), Magnesium: 48.55mg (12.14%), Potassium: 422.18mg (12.06%), Vitamin

B12: 0.71µg (11.79%), Manganese: 0.21mg (10.68%), Vitamin B5: 0.99mg (9.95%), Iron: 1.52mg (8.44%), Copper: 0.12mg (5.78%), Folate: 18.79µg (4.7%), Vitamin K: 4.22µg (4.02%), Vitamin C: 2.91mg (3.53%), Calcium: 29.24mg (2.92%), Fiber: 0.68g (2.73%), Vitamin A: 117.91IU (2.36%), Vitamin D: 0.23µg (1.51%)