



Smoky BBQ Riburger on Cheesy Garlic Bread

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



1330 kcal

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.5 cup butter melted
- ☐ 2 chipotle peppers in adobo
- ☐ 2 tablespoons dijon mustard
- ☐ 3 cups mozzarella cheese fresh grated
- ☐ 1 clove garlic grated
- ☐ 2 tablespoons garlic minced
- ☐ 2 pounds ground pork
- ☐ 2 cups catsup

- ☐ 4 servings kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 3 tablespoons blackstrap molasses
- ☐ 0.5 cup pineapple with juice crushed
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 medium vidalia onion minced
- ☐ 2 tablespoons worcestershire sauce
- ☐ 4 servings to your liking sliced for garnish

Equipment

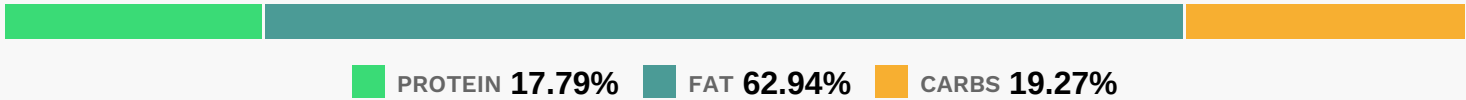
- ☐ oven
- ☐ pot
- ☐ grill
- ☐ broiler
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the vegetable oil in a medium saucepot over medium heat.
- ☐ Add the garlic and onions and saute until soft, about 4 minutes.
- ☐ Add the ketchup, pineapple, molasses, vinegar, sugar, mustard, Worcestershire and chipotles. Simmer uncovered, stirring often, until thickened, 15 to 20 minutes.
- ☐ Remove from the heat and blend with an immersion blender until mostly smooth. Reserve.
- ☐ For the burgers: Preheat the grill top to medium-high to high heat.
- ☐ Form the ground pork into long and rectangular patties that fit the shape of the bread, keeping in mind that there will be 2 patties per half of bread.
- ☐ Sprinkle the exterior with salt and place on a hot grill top for 3 minutes. Flip and cook another 3 minutes. Turn off the heat and baste generously with the BBQ sauce. Flip and continue cooking for a couple more minutes, continuously flipping and basting the burgers.
- ☐ Place the rack in the middle of the oven and set the oven to broil.

- ☐ Mix the melted butter with the garlic and brush on the cut sides of the bread. Top with the cheese and place under the broiler just until the edges are lightly crisped, about 2 minutes.
- ☐ For the sandwich build: After your beautiful garlic bread is done, place 2 burgers on each bottom half of bread. Top with some pickles and the top half of the garlic bread. Slice each portion in half, yielding 4 sandwiches.
- ☐ Serve with the remaining BBQ sauce on the side and get ready to impress your family and friends.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:5.94, Inflammation Score:-9, Nutrition Score:40.844782342081%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 1329.65kcal (66.48%), Fat: 93.99g (144.61%), Saturated Fat: 44.1g (275.6%), Carbohydrates: 64.72g (21.57%), Net Carbohydrates: 61.87g (22.5%), Sugar: 51.15g (56.84%), Cholesterol: 290.66mg (96.89%), Sodium: 2848.74mg (123.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.78g (119.56%), Vitamin B1: 1.81mg (120.42%), Selenium: 77.51µg (110.73%), Phosphorus: 781.68mg (78.17%), Vitamin B6: 1.35mg (67.5%), Vitamin B2: 1.05mg (61.83%), Vitamin B3: 12.12mg (60.62%), Vitamin B12: 3.55µg (59.18%), Calcium: 586.81mg (58.68%), Zinc: 7.99mg (53.26%), Potassium: 1542.38mg (44.07%), Vitamin A: 2051.93IU (41.04%), Magnesium: 131.03mg (32.76%), Manganese: 0.6mg (30.06%), Iron: 4.72mg (26.21%), Vitamin K: 25.25µg (24.05%), Vitamin E: 2.98mg (19.84%), Vitamin B5: 1.97mg (19.73%), Copper: 0.39mg (19.56%), Vitamin C: 14.6mg (17.7%), Folate: 46.13µg (11.53%), Fiber: 2.85g (11.4%), Vitamin D: 0.34µg (2.24%)