



Spiced Apple Pork Burgers with Maple-Dijon Sauce

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple sauce organic (such as Tree Top)
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 teaspoons chili powder
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon mustard dry
- ☐ 6 hamburger buns gluten-free toasted (wheat or)
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 2 pounds ground pork (can substitute ground turkey, if desired)
- ☐ 1 leaves lettuce leaves
- ☐ 3 tablespoons maple syrup
- ☐ 1.5 teaspoons salt

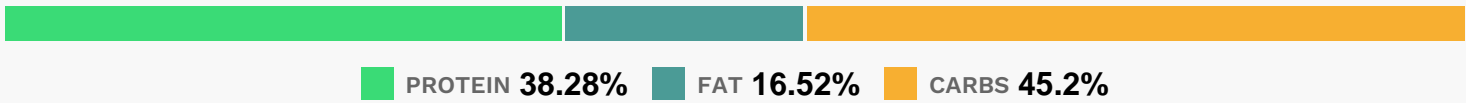
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ grill pan

Directions

- ☐ Stir the maple syrup and mustard together in a small bowl.Spray a large non-stick grill pan or griddle with cooking spray and place over medium to medium-high heat.While that heats up, mix the pork, applesauce, salt, chili powder, dry mustard, pepper and cinnamon together in a large mixing bowl. Form the mixture into 6 patties.
- ☐ Place the patties in the hot pan and cook for 4 to 5 minutes, turn and cook additional 4 to 5 minutes or until done.To serve, spread bun bottoms with maple mustard mixture. Top each with a patty, spinach or lettuce leaf and bun top.
- ☐ Serve with crispy sweet potato fries and steamed beans or broccoli for a full meal.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:2.5, Inflammation Score:-4, Nutrition Score:16.763478417759%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 385.8kcal (19.29%), Fat: 7.25g (11.16%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 42.16g (15.33%), Sugar: 10.64g (11.82%), Cholesterol: 83.16mg (27.72%), Sodium: 1106.17mg

(48.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.8g (75.6%), Vitamin B3: 14.81mg (74.04%), Vitamin B6: 1.32mg (65.86%), Selenium: 35.98µg (51.41%), Phosphorus: 354.26mg (35.43%), Zinc: 2.82mg (18.78%), Vitamin B2: 0.3mg (17.72%), Manganese: 0.32mg (15.97%), Potassium: 506.31mg (14.47%), Vitamin B5: 1.36mg (13.64%), Vitamin B12: 0.77µg (12.85%), Magnesium: 51.31mg (12.83%), Fiber: 2.48g (9.92%), Iron: 1.76mg (9.77%), Vitamin B1: 0.12mg (7.96%), Copper: 0.11mg (5.35%), Vitamin A: 209.1IU (4.18%), Calcium: 41.32mg (4.13%), Vitamin D: 0.6µg (4.03%), Folate: 13.83µg (3.46%), Vitamin E: 0.37mg (2.45%)