



Teriyaki Veggie-Pork Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 hawaiian rolls whole wheat split toasted
- ☐ 16 slices cucumber thin
- ☐ 1 tablespoon spring onion coarsely chopped
- ☐ 1 teaspoon ground ginger
- ☐ 1 lb ground pork lean
- ☐ 0.5 cup panko bread crumbs
- ☐ 0.3 cup salad dressing
- ☐ 1 tablespoon teriyaki sauce
- ☐ 9 oz savory vegetable green frozen giant®

☐ 6 oz yogurt fat free 99% yoplait®

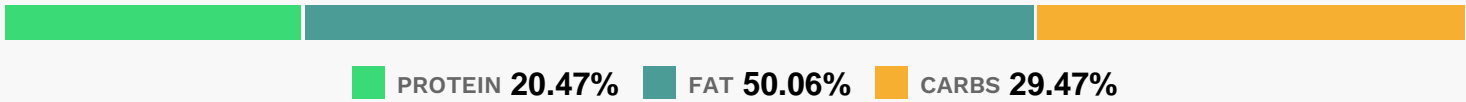
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ In food processor, place frozen teriyaki vegetables and onion; process with on-and-off motions until finely chopped.
- ☐ Place in large bowl. Stir in ground pork, bread crumbs and ginger until well blended. Shape mixture into 4 patties, about 5 inches in diameter and 1/2 inch thick.
- ☐ Spray 12-inch skillet with cooking spray; heat over medium heat.
- ☐ Add patties; cover and cook 10 to 12 minutes, turning once, until browned and meat thermometer inserted in center of patties reads 160°F.
- ☐ Meanwhile, in small bowl, mix mayonnaise, teriyaki sauce and yogurt with wire whisk until well blended.
- ☐ Spread mayonnaise mixture evenly on top and bottom halves of toasted buns. Top bottom halves with patties and cucumber slices. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:16.05, Inflammation Score:-9, Nutrition Score:25.385651817788%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 559.37kcal (27.97%), Fat: 30.99g (47.68%), Saturated Fat: 10.78g (67.38%), Carbohydrates: 41.06g (13.69%), Net Carbohydrates: 37.09g (13.49%), Sugar: 8.24g (9.15%), Cholesterol: 87.17mg (29.06%), Sodium: 699.5mg (30.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.02%), Vitamin B1: 1.24mg (82.68%), Vitamin A: 3330.09IU (66.6%), Selenium: 43.33µg (61.9%), Vitamin B3: 8.19mg (40.94%), Phosphorus: 348.69mg (34.87%), Manganese: 0.67mg (33.46%), Vitamin B2: 0.55mg (32.42%), Vitamin B6: 0.58mg (28.88%), Zinc: 3.54mg (23.61%), Iron: 3.76mg (20.89%), Folate: 80.89µg (20.22%), Potassium: 665.03mg (19%), Vitamin B12: 1.06µg (17.72%), Calcium: 167.53mg (16.75%), Fiber: 3.97g (15.89%), Magnesium: 63.28mg (15.82%), Vitamin K: 15.99µg (15.23%), Vitamin B5: 1.15mg (11.48%), Vitamin C: 9.44mg (11.44%), Copper: 0.21mg (10.55%), Vitamin E: 0.49mg (3.24%)