



The Alabama Smokehouse Pig Burger with White Barbecue Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



1207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider vinegar
- 12 slices hickory bacon smoked thick cut
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons pepper black freshly ground
- 0.3 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 6 slices gouda cheese smoked thick (recommended: Boar's Head)
- 2.5 cups cabbage shredded green

- 2 pounds ground pork
- 1 tablespoon juice of lemon
- 0.8 cup mayonnaise
- 1.5 teaspoons salt
- 1 tablespoon paprika smoked
- 6 kaiser rolls split
- 6 servings vegetable oil for grill rack
- 2 tablespoons sugar white

Equipment

- bowl
- frying pan
- paper towels
- mixing bowl
- grill

Directions

- Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- In a small mixing bowl combine the mayonnaise, apple cider vinegar, lemon juice, sugar, and black pepper.
- Mix until well combined and refrigerate until serving.
- Heat a large fireproof nonstick skillet on the grill.
- Add the bacon and cook over medium-high heat until the bacon is crispy, about 5 minutes, flipping once.
- Drain on paper towels. Reserve the rendered bacon fat from the skillet.
- Combine the pork, smoked paprika, chili powder, cayenne, salt, and pepper in a large bowl.
- Add 1 1/2 tablespoons of the rendered bacon fat from the skillet.
- Mix well, handling the meat as little as possible to avoid compacting. Divide the mixture into 6 equal portions and form the portions into patties to fit the size of the rolls.

- Brush the grill rack with oil. Arrange the patties on the rack, cover, and cook, turning once just until done, about 4 minutes on each side for medium-rare. During the last few minutes of cooking, top the burgers with equal amounts of smoked Gouda and put the rolls, cut side down, on the outer edges of the rack to toast lightly.
- To assemble the burgers, spread a generous amount of Alabama White Barbecue Sauce on the cut sides of the rolls. On each roll bottom, put some shredded cabbage, a cheese-topped patty, and 2 slices of bacon. Cover with the roll tops and serve.

Nutrition Facts

PROTEIN 14.96% **FAT 71.33%** **CARBS 13.71%**

Properties

Glycemic Index:69.18, Glycemic Load:26.61, Inflammation Score:-6, Nutrition Score:31.086956407713%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1207.04kcal (60.35%), Fat: 95.15g (146.39%), Saturated Fat: 28.5g (178.11%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 38.63g (14.05%), Sugar: 10.34g (11.49%), Cholesterol: 183.86mg (61.29%), Sodium: 1685.59mg (73.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.89g (89.78%), Vitamin K: 96.83µg (92.22%), Vitamin B1: 1.26mg (84.28%), Selenium: 51.34µg (73.35%), Iron: 12.84mg (71.36%), Phosphorus: 512.31mg (51.23%), Vitamin B3: 8.59mg (42.95%), Vitamin B6: 0.8mg (39.79%), Zinc: 5.19mg (34.62%), Vitamin B2: 0.53mg (31.11%), Vitamin B12: 1.77µg (29.57%), Calcium: 262.13mg (26.21%), Vitamin E: 2.87mg (19.14%), Vitamin A: 954.94IU (19.1%), Potassium: 667.33mg (19.07%), Vitamin C: 12.78mg (15.49%), Vitamin B5: 1.51mg (15.12%), Magnesium: 51.13mg (12.78%), Manganese: 0.22mg (11.01%), Fiber: 2.54g (10.15%), Folate: 29.18µg (7.3%), Copper: 0.13mg (6.6%), Vitamin D: 0.38µg (2.55%)