

Barbecued Pork Burgers with Coleslaw

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Servings: 4

*1/4 cup mayonnaise
1 tablespoon milk
2 tablespoons white wine vinegar,
divided
1/2 teaspoon onion powder
2 cups packaged coleslaw mix
3 tablespoons fresh parsley, chopped
Kosher salt
freshly ground pepper
1/2 cup barbecue sauce
1 1/2 pounds ground pork
4 hamburger buns, toasted*

Preheat the grill to medium.

In a bowl, combine the mayonnaise, milk, one tablespoon of vinegar and the onion powder. Toss with the coleslaw and the parsley. Season with salt and pepper.

Whisk the remaining one tablespoon of vinegar with the barbecue sauce in a medium bowl. Add two tablespoons of the sauce mixture to the ground pork in another bowl. Mix well. Shape into four patties.

Brush the buns with the reserved barbecue sauce.

Grill the burgers for about eight minutes, flipping once and brushing generously with the remaining barbecue sauce.

Put the burgers on the buns and top with coleslaw.

Per Serving (excluding unknown items): 698 Calories; 51g Fat (65.5% calories from fat); 33g Protein; 27g Carbohydrate; 2g Dietary Fiber; 128mg Cholesterol; 673mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 6 Fat; 1/2 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	698	Vitamin B6 (mg):	.8mg
% Calories from Fat:	65.5%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	15.3%	Thiamin B1 (mg):	1.5mg

% Calories from Protein: 19.2%
 Total Fat (g): 51g
 Saturated Fat (g): 16g
 Monounsaturated Fat (g): 20g
 Polyunsaturated Fat (g): 10g
 Cholesterol (mg): 128mg
 Carbohydrate (g): 27g
 Dietary Fiber (g): 2g
 Protein (g): 33g
 Sodium (mg): 673mg
 Potassium (mg): 640mg
 Calcium (mg): 102mg
 Iron (mg): 3mg
 Zinc (mg): 4mg
 Vitamin C (mg): 7mg
 Vitamin A (i.u.): 473IU
 Vitamin A (r.e.): 54 1/2RE

Riboflavin B2 (mg): .5mg
 Folic Acid (mcg): 57mcg
 Niacin (mg): 9mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 1 1/2
 Lean Meat: 4
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 6
 Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 698 Calories from Fat: 457

% Daily Values*

Total Fat	51g	78%
Saturated Fat	16g	78%
Cholesterol	128mg	43%
Sodium	673mg	28%
Total Carbohydrates	27g	9%
Dietary Fiber	2g	7%
Protein	33g	
Vitamin A		9%
Vitamin C		12%
Calcium		10%
Iron		19%

* Percent Daily Values are based on a 2000 calorie diet.