

# Casablanca Burgers

*All-Time Favorites 2012 Cookbook  
Better Homes and Gardens Magazine*

## Servings: 4

*1 pound 85% lean ground beef  
1/3 cup finely snipped dried apricots  
2 tablespoons pine nuts, toasted  
2 tablespoons fresh cilantro, chopped  
2 cloves garlic, minced  
1/2 teaspoon salt  
1/2 teaspoon ground cumin  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground coriander  
1/4 teaspoon black pepper  
4 kaiser rolls  
4 leaves red leaf lettuce  
1 medium tomato, sliced*

### MOROCCAN KETCHUP

*1/3 cup ketchup  
1/8 teaspoon ground cumin  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground coriander  
1/8 teaspoon black pepper.*

## Preparation Time: 20 minutes

### grill: 14 minutes

Make the Moroccan Ketchup: In a small bowl, combine the ketchup, cumin, cinnamon, coriander and pepper. Set aside.

In a large bowl, combine the beef, apricots, pine nuts, cilantro, garlic, salt, cumin, cinnamon, coriander and pepper. Shape the mixture into four 3/4-inch-thick patties.

For a charcoal grill, grill the patties on the rack of an uncovered grill directly over medium heat for 14 to 18 minutes or until done (160 degrees), turning once halfway through the grilling.

For a gas grill, preheat the grill. Reduce the heat to medium. Place the patties on the grill rack over heat. Cover and grill for 14 to 18 minutes or until done (160 degrees), turning once halfway through the grilling.

Serve the patties on a roll topped with Moroccan Ketchup, lettuce and tomatoes.

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Per Serving (excluding unknown items): 64 Calories; 3g Fat (32.1% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 489mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

## Sandwiches

## Per Serving Nutritional Analysis

% Calories from Fat:	32.1%
% Calories from Carbohydrates:	54.3%
% Calories from Protein:	13.6%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	489mg
Potassium (mg):	347mg
Calcium (mg):	56mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	19mg
Vitamin A (i.u.):	1477IU
Vitamin A (r.e.):	147 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	38mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	64	Calories from Fat: 21
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### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	489mg	20%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	2g	8%
<b>Protein</b>	2g	
<b>Vitamin A</b>		30%
<b>Vitamin C</b>		32%
<b>Calcium</b>		6%
<b>Iron</b>		10%

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