

PREPARATION: **20** MINUTES

COOKING: **15** MINUTES

4 SERVINGS

GINGER PORK BURGERS

INGREDIENTS

QUICK PICKLED ONIONS

1 cup red onion, thinly sliced

¼ cup rice wine vinegar

¼ cup water

½ teaspoon sugar

BURGERS

454g (1lb) ground pork

¼ cup green onion, finely chopped

1 tablespoon fresh ginger, minced

1 tablespoon garlic, minced

1 ½ teaspoon sesame oil

⅛ teaspoon ground black pepper

¼ cup cilantro, washed and finely chopped

4 burger buns



Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 2 Starch + 1 Vegetable

Calories **463Kcal**

Protein **24g**

Carbohydrates **26g**

Fibre **1.8g**

Total Fat **28g**

Saturated Fat **10g**

Cholesterol **76mg**

Sodium **281mg**

Potassium **441mg**

Phosphorus **237mg**

PREPARATION

- 1** In a small bowl, combine onion, vinegar, water and sugar. Allow 10 minutes to pickle.
- 2** In a mixing bowl, combine ground pork, green onion, ginger, garlic, sesame oil, black pepper, and cilantro. Form into four patties.
- 3** In a skillet over medium-high heat, cook the burger patties for approximately 15 minutes or until both sides are browned and the internal temperature reads 160°F. The burgers can also be grilled.
- 4** Place the cooked pork patties in the buns and top with pickled onions.