

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

Non-stick cooking spray

1 pound ground pork (96% lean)

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

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** Heat a skillet over medium-high heat and apply non-stick cooking spray. 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 cooked on the grill.
- 4** Place the cooked pork patties in the buns and top with pickled onions.



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

3 Protein + 2 Starch + 1 Fat

Calories **423 Kcal**

Protein **27 g**

Total Carbohydrate **29 g**

Fiber **3 g**

Sugars **6 g**

Fat **22 g**

Saturated **6 g**

Cholesterol **77 mg**

Sodium **328 mg**

Potassium **460 mg**

Phosphorus **290 mg**

Calcium **131 mg**

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

For CKD and Transplant: make 6 slider-sized burgers with slider-sized buns.

NUTRITION CHECK ✓

Kidney-friendly meat toppings

Decreasing the amount of sodium you eat is a key part of a kidney-friendly diet. This is very important to help maintain good blood pressure and avoid a worrisome build-up of excess fluid in your body, especially between dialysis treatments. Reducing sodium intake is typically accomplished by avoiding added salt both in cooking and at the table, and using lower-sodium ingredients when preparing meals.

Without salt, one typically wonders how they will add flavor to their foods. It is important to avoid salt substitutes containing potassium chloride as they are very high in potassium and can cause dangerously high blood potassium levels (known as hyperkalemia). Fortunately, there are many ways to add flavor to foods that are low in both sodium and potassium. When cooking, use chopped onion, diced hot peppers, minced garlic, and minced ginger for bold flavor.

Condiments such as ketchup, barbeque sauce, and steak sauce are very high in sodium. Instead, top sandwiches and lean protein sources with low-sodium pickled onions, coleslaw, sautéed and seasoned onions and peppers, an herbed mayonnaise, or a flavorful homemade sauce such as chimichurri (a blended combination of parsley, garlic, oregano, red pepper flakes, red wine vinegar, and olive oil). Do not be afraid to experiment with both the combination of flavors and the amounts you add. By doing so, you will discover many exciting options and find a variety of foods to enjoy.

Presented by



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