



Aloha Burgers

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup mayonnaise
- 1 teaspoon sriracha
- 1 lb pd of ground turkey
- 1 teaspoon ginger fresh grated
- 1 clove garlic grated
- 1 tablespoon soya sauce
- 1 teaspoon sesame oil
- 4 slices pineapple fresh

- 4 hawaiian rolls split
- 4 romaine leaves
- 4 slices tomatoes
- 1 serving onion sliced

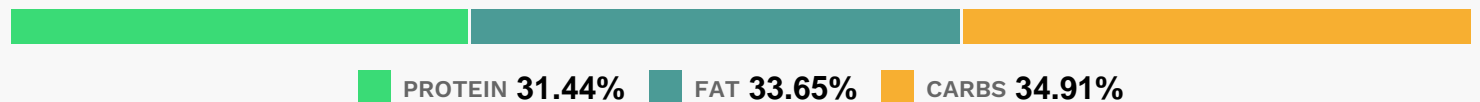
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Spray gas or charcoal grill rack with cooking spray.
- Heat grill.
- Mix sauce ingredients; set aside. In large bowl, mix ground turkey, gingerroot, garlic, soy sauce and sesame oil. Shape mixture into 4 patties.
- Place patties and pineapple slices on grill over medium heat. Cover grill; cook patties 8 to 10 minutes, turning after 5 minutes, until meat thermometer inserted in center of patties reads 160°F. Cook pineapple slices 8 to 10 minutes or until browned and slightly charred, turning once.
- Place burgers on bottoms of buns; top with lettuce, grilled pineapple, onion, sauce and tops of buns.

Nutrition Facts



Properties

Glycemic Index:36.96, Glycemic Load:9.68, Inflammation Score:-7, Nutrition Score:13.131739269132%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 205.65kcal (10.28%), Fat: 7.77g (11.96%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 16.74g (6.09%), Sugar: 6.56g (7.29%), Cholesterol: 34.12mg (11.37%), Sodium: 323.3mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.68%), Vitamin B3: 6.84mg (34.22%), Vitamin C: 25.38mg (30.76%), Manganese: 0.59mg (29.54%), Vitamin B6: 0.59mg (29.42%), Selenium: 18.76µg (26.8%), Vitamin A: 1045.22IU (20.9%), Phosphorus: 167.6mg (16.76%), Vitamin B1: 0.21mg (13.88%), Vitamin K: 13.92µg (13.25%), Folate: 41.02µg (10.26%), Vitamin B2: 0.16mg (9.35%), Potassium: 314.02mg (8.97%), Zinc: 1.29mg (8.6%), Iron: 1.53mg (8.52%), Magnesium: 31.36mg (7.84%), Vitamin B5: 0.63mg (6.33%), Copper: 0.12mg (5.97%), Vitamin B12: 0.34µg (5.68%), Fiber: 1.41g (5.63%), Calcium: 47.14mg (4.71%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.24µg (1.61%)