



Aloha Burgers

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ginger fresh grated
- 1 clove garlic grated
- 1 lb pd of ground turkey
- 4 hawaiian rolls split
- 4 romaine leaves
- 0.3 cup mayonnaise
- 8 servings onion sliced
- 4 slices pineapple fresh

- 1 teaspoon sesame oil
- 1 tablespoon soya sauce
- 1 teaspoon sriracha
- 4 slices tomatoes

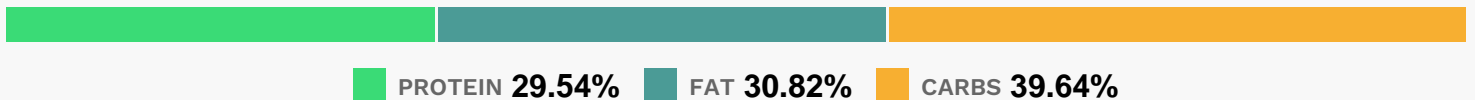
Equipment

- 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 160F. 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:10.67, Inflammation Score:-8, Nutrition Score:14.320434782816%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol:

0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Nutrients (% of daily need)

Calories: 224.9kcal (11.25%), Fat: 7.82g (12.03%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 20.41g (7.42%), Sugar: 8.6g (9.56%), Cholesterol: 34.12mg (11.37%), Sodium: 325.23mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.74%), Vitamin C: 28.94mg (35.08%), Vitamin B3: 6.9mg (34.5%), Manganese: 0.65mg (32.64%), Vitamin B6: 0.65mg (32.31%), Selenium: 19µg (27.14%), Vitamin A: 1046.18IU (20.92%), Phosphorus: 181.56mg (18.16%), Vitamin B1: 0.23mg (15.36%), Vitamin K: 14.11µg (13.44%), Folate: 50.16µg (12.54%), Potassium: 384.28mg (10.98%), Vitamin B2: 0.17mg (10.11%), Zinc: 1.37mg (9.14%), Iron: 1.63mg (9.08%), Magnesium: 36.17mg (9.04%), Fiber: 2.22g (8.9%), Vitamin B5: 0.69mg (6.92%), Copper: 0.14mg (6.91%), Calcium: 58.21mg (5.82%), Vitamin B12: 0.34µg (5.68%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.24µg (1.61%)