



## Aussie burgers with the lot

READY IN



70 min.

SERVINGS



6

CALORIES



1108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 kg ground beef lean minced
- ☐ 2 onion red finely chopped
- ☐ 5 garlic clove crushed
- ☐ 1 large handful parsley chopped
- ☐ 75 ml catsup
- ☐ 50 ml oyster sauce
- ☐ 2 egg yolk
- ☐ 6 bacon smoked
- ☐ 6 slices pineapple fresh

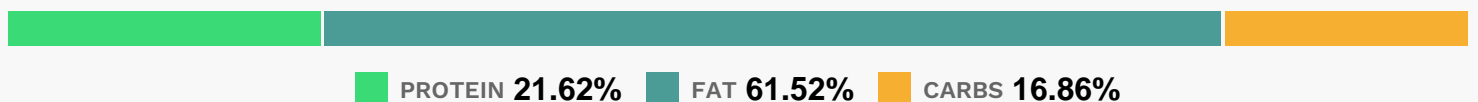
- ☐ 6 slices cheese such as cheddar good
- ☐ 6 hawaiian rolls split
- ☐ 2 tbsp mayonnaise
- ☐ 12 slices beets
- ☐ 2 large tomatoes sliced
- ☐ 1 the of 1 cos lettuce separated

## Equipment

## Directions

- ☐ To make the burgers, mix together all the ingredients and knead well so everything is thoroughly mixed. Separate the mix into 6, roll each into a large ball, then shape into burgers (see photos, right).
- ☐ Put them in the fridge and, if possible, leave to chill for at least 1 hr. They can be made up to 2 days ahead.
- ☐ To cook the burgers, get the barbecue good and hot with the coals glowing. You dont need to add any oil to the burgers.
- ☐ Put them on the barbecue and leave for a few mins until the edges start to colour, then slide a fish slice under the burgers and turn over. Repeat the process, then turn again.
- ☐ Remove to the cooler side of the barbecue and leave to cook for a good 15 mins if you like them well cooked.
- ☐ While the burgers are cooking, BBQ the bacon and pineapple. Top the burgers with the bacon, then add the cheese and put back on the barbecue to melt. Warm the baps over the barbecue, too, if you like.
- ☐ Divide the mayo between the bap bases and top with the burgers.
- ☐ Add the pineapple, beetroot, tomato and lettuce, then put the lids on top.

## Nutrition Facts



## Properties

Glycemic Index:64.78, Glycemic Load:21.15, Inflammation Score:-9, Nutrition Score:43.380869409312%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 1107.75kcal (55.39%), Fat: 75.31g (115.87%), Saturated Fat: 29.01g (181.32%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 42.47g (15.44%), Sugar: 18.58g (20.64%), Cholesterol: 286.75mg (95.58%), Sodium: 1097.86mg (47.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.55g (119.1%), Vitamin B12: 6µg (99.98%), Selenium: 66.21µg (94.59%), Zinc: 12.59mg (83.96%), Vitamin B3: 14.48mg (72.42%), Phosphorus: 671.74mg (67.17%), Vitamin C: 54.9mg (66.55%), Manganese: 1.29mg (64.32%), Vitamin B6: 1.19mg (59.38%), Vitamin B2: 0.76mg (44.94%), Iron: 7.43mg (41.3%), Vitamin B1: 0.54mg (36.18%), Calcium: 353.57mg (35.36%), Vitamin K: 36.47µg (34.74%), Potassium: 1206.2mg (34.46%), Folate: 131.22µg (32.8%), Vitamin A: 1466.63IU (29.33%), Magnesium: 90.62mg (22.66%), Copper: 0.41mg (20.57%), Vitamin B5: 2.01mg (20.14%), Fiber: 3.98g (15.94%), Vitamin E: 2.31mg (15.38%), Vitamin D: 0.84µg (5.59%)