



Blue Cheese Burgers with Grilled Pineapple

READY IN



22 min.

SERVINGS



22

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 Tbsp athenos cheese blue crumbled
- 1 lb ground beef
- 4 hamburger buns split
- 4 pineapple fresh canned
- 1.3 cups torn salad greens mixed
- 2 medium tomatoes cut into 4 slices each

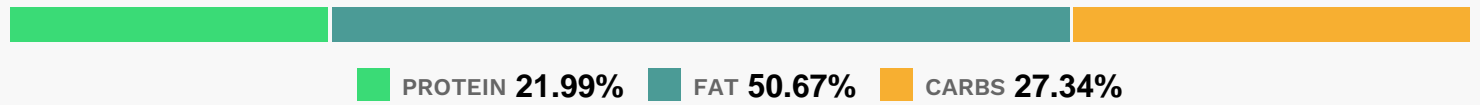
Equipment

- grill

Directions

- Preheat grill to medium heat. Shape meat into four patties. Grill 5 to 6 min. on each side or until medium doneness (160F).
- Meanwhile, place pineapple slices and buns, cut-sides down, on grill. Grill pineapple 1 to 2 min. on each side or until heated through and buns 1 to 2 min. or until lightly toasted.
- Place 1/3 cup of the salad greens on bottom half of each bun; top with 2 tomato slices, 1 burger, 1-1/2 Tbsp. cheese and 1 pineapple slice. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:3.5221738951362%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 89.54kcal (4.48%), Fat: 5.01g (7.71%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.68g (2.06%), Sugar: 2.35g (2.61%), Cholesterol: 16.07mg (5.36%), Sodium: 75.68mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Vitamin B12: 0.48µg (8%), Selenium: 5.55µg (7.92%), Zinc: 1mg (6.69%), Vitamin B3: 1.33mg (6.63%), Phosphorus: 52.22mg (5.22%), Vitamin B6: 0.09mg (4.67%), Vitamin B1: 0.07mg (4.49%), Iron: 0.75mg (4.16%), Vitamin B2: 0.07mg (3.91%), Vitamin C: 3.17mg (3.84%), Potassium: 113.62mg (3.25%), Folate: 12.57µg (3.14%), Manganese: 0.06mg (3.09%), Vitamin A: 140.51IU (2.81%), Calcium: 28.14mg (2.81%), Magnesium: 8.79mg (2.2%), Copper: 0.04mg (2.04%), Vitamin K: 1.75µg (1.66%), Fiber: 0.41g (1.64%), Vitamin B5: 0.15mg (1.49%), Vitamin E: 0.17mg (1.15%)