



## Grilled Maui Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 avocado pitted peeled cut into 4 slices
- ☐ 4 hamburger rolls split toasted pepperidge farm®
- ☐ 1 pound ground beef lean
- ☐ 4 slices deli monterey jack cheese
- ☐ 1 cup picante sauce pace®
- ☐ 8 ounce pineapple in juice drained canned

### Equipment

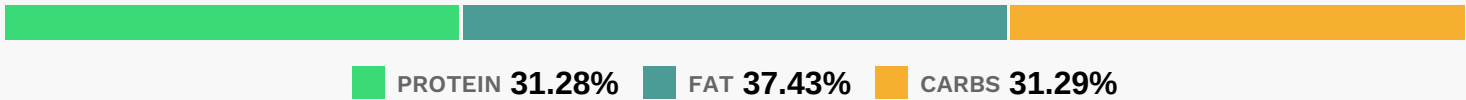
- ☐ bowl

- ☐ grill
- ☐ cutting board

## Directions

- ☐ Lightly oil the grill rack and heat the grill to medium. Grill the pineapple for 5 minutes or until tender, turning it over once halfway through the grill time.
- ☐ Remove the pineapple to a cutting board. Dice the pineapple. Stir the pineapple and 2/3 cup picante sauce in a medium bowl.
- ☐ Thoroughly mix the beef and the remaining picante sauce in a large bowl. Shape the beef mixture into 4 (1/2-inch-thick) burgers.
- ☐ Grill the burgers for 10 minutes for medium or until desired doneness, turning the burgers over once halfway through the grill time. Top the burgers with the cheese.
- ☐ Serve the burgers on the buns. Top with the pineapple-picante mixture and the avocado.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:13.11, Inflammation Score:-6, Nutrition Score:24.247391115064%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 472.83kcal (23.64%), Fat: 19.71g (30.33%), Saturated Fat: 8.81g (55.09%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 32.72g (11.9%), Sugar: 14g (15.55%), Cholesterol: 95.23mg (31.74%), Sodium: 883.99mg (38.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.13%), Selenium: 36.4µg (52%), Zinc: 7.27mg (48.49%), Vitamin B12: 2.86µg (47.64%), Vitamin B3: 9.38mg (46.9%), Phosphorus: 430.11mg (43.01%), Vitamin B6: 0.72mg (35.76%), Calcium: 311.29mg (31.13%), Vitamin B2: 0.48mg (28.52%), Iron: 4.95mg (27.47%), Vitamin B1: 0.38mg (25.44%), Potassium: 827.36mg (23.64%), Folate: 76.92µg (19.23%), Manganese: 0.36mg (18.07%), Fiber: 4.36g (17.46%), Magnesium: 67.94mg (16.98%), Copper: 0.29mg (14.69%), Vitamin B5: 1.27mg (12.67%), Vitamin E: 1.83mg (12.21%), Vitamin A: 592.78IU (11.86%), Vitamin C: 9.64mg (11.68%), Vitamin K: 11.51µg (10.96%), Vitamin D: 0.28µg (1.88%)