



Hawaiian Burger (Hamburguesa Hawaiana)

READY IN



45 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic clove finely chopped
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 slices ham
- ☐ 4 hamburger buns
- ☐ 4 slices pineapple
- ☐ 4 slices provolone cheese
- ☐ 4 servings salt and pepper black
- ☐ 2 scallions finely chopped

☐ 0.5 cup onion white chopped

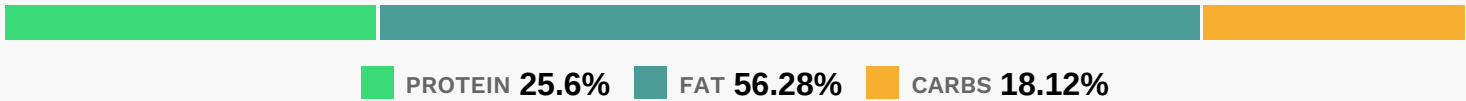
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ In a large plastic bowl add the ground beef, garlic, scallions, onion, cumin, salt and pepper.
- ☐ Mix well and refrigerate for about 1 hour. Form 4 patties.
- ☐ Heat a grill or sauté pan and cook the hamburgers for 5 minutes on each side until done.
- ☐ Remove to a plate and cover with aluminum foil.Spray a large grill pan, (or even your outdoor grill) with cooking spray and heat over a medium flame. Grill the pineapple for 2 to 3 minutes on each side, until it is nicely brown and grill marks have appeared.Allow the hamburgers to rest for 5 minutes and serve immediately on buns with the 1 pineapple slice, 1 ham slice and 1 cheese slice.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:13.56, Inflammation Score:-5, Nutrition Score:20.359130724617%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 555.31kcal (27.77%), Fat: 34.2g (52.62%), Saturated Fat: 14g (87.51%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 23.45g (8.53%), Sugar: 4.38g (4.87%), Cholesterol: 110.98mg (36.99%), Sodium: 954.99mg

(41.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35g (70%), Selenium: 38.08µg (54.4%), Vitamin B12: 2.97µg (49.49%), Zinc: 6.4mg (42.65%), Vitamin B3: 7.94mg (39.72%), Phosphorus: 387.24mg (38.72%), Vitamin B1: 0.47mg (31.38%), Vitamin B6: 0.55mg (27.62%), Vitamin B2: 0.43mg (25.32%), Calcium: 240.82mg (24.08%), Iron: 4.33mg (24.06%), Vitamin K: 17.06µg (16.24%), Manganese: 0.31mg (15.59%), Potassium: 519.45mg (14.84%), Folate: 58.84µg (14.71%), Magnesium: 44.27mg (11.07%), Vitamin B5: 0.82mg (8.21%), Copper: 0.16mg (8.13%), Fiber: 1.33g (5.3%), Vitamin E: 0.77mg (5.14%), Vitamin A: 231.59IU (4.63%), Vitamin C: 3.51mg (4.26%), Vitamin D: 0.4µg (2.7%)