



Hawaiian Pig-Out Burgers

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings coleslaw (shredded with finely red and green cabbage) homemade store-bought
- ☐ 1 pound ground pork
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon brown sugar (light packed)
- ☐ 1.5 teaspoons juice of lime
- ☐ 1 tablespoon soya sauce (reduced-sodium)
- ☐ 4 slices onion (sweet thick)
- ☐ 0.3 cup mayonnaise

- ☐ 0.5 teaspoon pepper
- ☐ 4 slices pineapple thick cored peeled
- ☐ 4 hawaiian sandwich rolls (11 oz. total)
- ☐ 5 oz spam lite thick
- ☐ 2 teaspoons vegetable oil

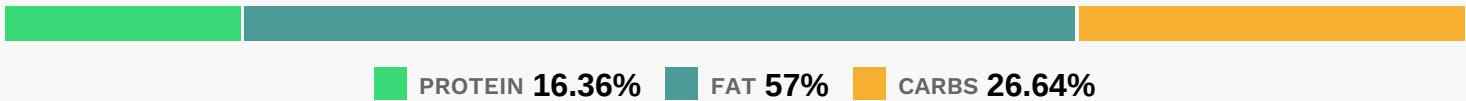
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat a grill to medium heat (350 to 450). In a medium bowl, mix pork, salt, and pepper until just combined (do not overmix). Divide into 4 portions and form into 1/2-in. patties with a slight depression in the center of each to help them cook evenly.
- ☐ Brush burgers with oil.
- ☐ Whisk together soy sauce, brown sugar, and lime juice in a small bowl to combine.
- ☐ Brush pineapple and Spam slices with soy mixture.
- ☐ Grill burgers, pineapple, Spam, and onion, turning once, until burger is cooked through, grill marks form on pineapple and Spam, and onion softens, about 3 minutes for Spam and 7 minutes for other ingredients. Grill rolls, cut side down, until grill marks form, about 2 minutes.
- ☐ Spread bottoms of rolls with mayonnaise. Top with burgers, onion, pineapple, and Spam. Spoon a small amount of coleslaw on each and cover with tops of rolls.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:6.85, Inflammation Score:-7, Nutrition Score:32.500869683597%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 770.72kcal (38.54%), Fat: 48.83g (75.13%), Saturated Fat: 14.83g (92.67%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 46.89g (17.05%), Sugar: 15.27g (16.97%), Cholesterol: 112.69mg (37.56%), Sodium: 1412.32mg (61.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.06%), Vitamin B1: 1.33mg (88.89%), Selenium: 59.05µg (84.36%), Vitamin C: 67.8mg (82.18%), Vitamin K: 81.55µg (77.67%), Manganese: 1.23mg (61.38%), Vitamin B3: 9.24mg (46.22%), Vitamin B6: 0.74mg (37.04%), Phosphorus: 348.01mg (34.8%), Vitamin B2: 0.59mg (34.77%), Folate: 112.04µg (28.01%), Zinc: 3.9mg (25.98%), Potassium: 785.62mg (22.45%), Iron: 3.84mg (21.32%), Fiber: 4.46g (17.85%), Magnesium: 65.39mg (16.35%), Vitamin B12: 0.97µg (16.17%), Copper: 0.29mg (14.28%), Vitamin B5: 1.38mg (13.79%), Calcium: 118.11mg (11.81%), Vitamin E: 1.18mg (7.86%), Vitamin A: 136.8IU (2.74%), Vitamin D: 0.24µg (1.6%)