



## Hawaiian Pork Burger



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound ground pork
- ☐ 0.3 cup green onion minced
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon salt to taste (more , but be careful, the BBQ sauce is salty, as is the ham)
- ☐ 1 pinch pepper black
- ☐ 4 pineapple rings fresh canned
- ☐ 0.3 cup barbecue sauce your favorite

- ☐ 4 burger buns
- ☐ 4 large lettuce leaves (use leafy lettuce)
- ☐ 0.3 pound ham thinly sliced

## Equipment

- ☐ bowl
- ☐ grill
- ☐ wax paper

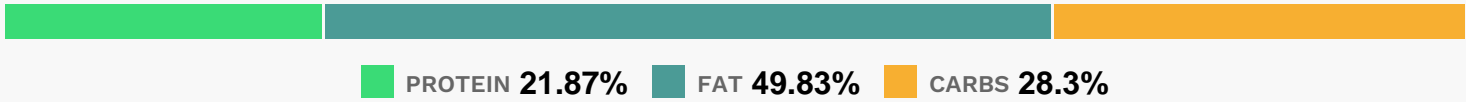
## Directions

- ☐ Make burger mixture: Use your (clean) hands to mix the ground pork, green onion, allspice, salt, pepper and ground ginger together in a large bowl until just combined. Don't knead the mixture too much or the burgers will be tough.
- ☐ Form patties: Gently form 4 equal patties, with a slight indentation in the middle (the burgers will contract as they cook, the indentation helps keep the burgers from bulging in the middle too much).
- ☐ If you want, you can separate the patties with wax paper and store them for a few hours in the fridge before grilling.
- ☐ Grill the patties: Prepare your grill for medium high, direct heat. Scrape down the grill grates and coat with vegetable oil.
- ☐ Place the pork patties on the hot grill and paint the top with barbecue sauce.
- ☐ Cover the grill and cook for 5–7 minutes. Flip the burgers and paint with more barbecue sauce.
- ☐ Grill pineapple rings: After you've flipped the burgers, lay the pineapple rings down on a hot part of the grill. Cook the burgers for another 5 to 7 minutes, until cooked through.
- ☐ Cook the pineapple rings for 3–5 minutes, or until you have nice grill marks on one side. Flip the pineapple and grill another 1–2 minutes.
- ☐ Remove the pineapple and burgers from the grill and let them rest 5 minutes.
- ☐ Toast burger buns on grill: While the meat is resting, toast the burger buns on the hot grill until the edges brown nicely, about 1–2 minutes.
- ☐ Assemble the burgers: To construct the burger, lay some lettuce on the bun, add the burger patty and paint with a little more barbecue sauce. Top with the ham, then the pineapple, then

the other bun.

☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:12.98, Inflammation Score:-8, Nutrition Score:23.200434669204%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 558.97kcal (27.95%), Fat: 30.67g (47.18%), Saturated Fat: 11g (68.78%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 37.05g (13.47%), Sugar: 17.64g (19.6%), Cholesterol: 99.22mg (33.07%), Sodium: 806.56mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.56%), Vitamin B1: 1.32mg (88.26%), Selenium: 46.81µg (66.88%), Vitamin B3: 8.41mg (42.03%), Vitamin A: 1917.08IU (38.34%), Vitamin B6: 0.65mg (32.75%), Phosphorus: 319.94mg (31.99%), Vitamin B2: 0.51mg (29.91%), Zinc: 3.64mg (24.24%), Manganese: 0.45mg (22.3%), Iron: 3.36mg (18.66%), Potassium: 639.6mg (18.27%), Vitamin B12: 1.06µg (17.69%), Folate: 63.33µg (15.83%), Vitamin K: 15.77µg (15.02%), Vitamin C: 12.34mg (14.96%), Magnesium: 52.75mg (13.19%), Calcium: 108.8mg (10.88%), Copper: 0.2mg (10.12%), Vitamin B5: 0.92mg (9.23%), Fiber: 2.13g (8.54%), Vitamin E: 0.48mg (3.2%), Vitamin D: 0.2µg (1.32%)