



WHATSheATE



Hawaiian Pork Burgers



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 0.3 cup bread crumbs dried plain
- ☐ 8 oz pineapple crushed drained canned
- ☐ 0.1 teaspoon cayenne
- ☐ 4 muffins split english toasted
- ☐ 8 large basil leaves fresh
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 pound ground pork

- ☐ 1 tablespoon brown sugar light packed
- ☐ 2 tablespoons onion minced
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon soya sauce

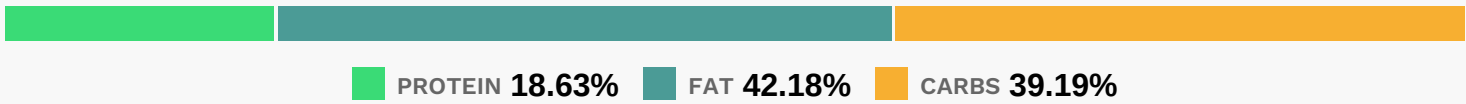
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare a charcoal or gas grill for medium heat (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds). In a small bowl, combine pineapple, barbecue sauce, and soy sauce. Set aside.
- ☐ In a medium bowl, combine pork, bread crumbs, onion, ginger, brown sugar, cayenne, and salt. Shape mixture into 4 patties. Cook, turning once, until slightly charred and cooked the way you like them, about 7 minutes total for medium.
- ☐ Put each burger on a muffin half. Top each with 2 basil leaves, about 2 tbsp. sauce, and the muffin top.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:18.7, Inflammation Score:-4, Nutrition Score:17.213043529054%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 551.74kcal (27.59%), Fat: 25.66g (39.48%), Saturated Fat: 9.18g (57.36%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 50.67g (18.43%), Sugar: 19.65g (21.84%), Cholesterol: 81.65mg (27.22%), Sodium: 948.8mg (41.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.02%), Vitamin B1: 1.07mg (71.18%),

Selenium: 30.25µg (43.22%), Vitamin B3: 6.78mg (33.88%), Phosphorus: 302.78mg (30.28%), Vitamin B6: 0.55mg (27.46%), Vitamin B2: 0.42mg (24.51%), Zinc: 3.13mg (20.88%), Manganese: 0.35mg (17.62%), Potassium: 570.68mg (16.31%), Vitamin B12: 0.84µg (14%), Magnesium: 51.95mg (12.99%), Iron: 2.32mg (12.9%), Fiber: 2.98g (11.92%), Copper: 0.24mg (11.82%), Vitamin B5: 1.12mg (11.2%), Folate: 39.89µg (9.97%), Vitamin C: 6.97mg (8.45%), Calcium: 81.18mg (8.12%), Vitamin K: 4.66µg (4.44%), Vitamin A: 157.98IU (3.16%), Vitamin E: 0.24mg (1.59%)