



Hawaiian Turkey Burgers With Pineapple-Papaya Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup barbecue sauce
- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons unseasoned breadcrumbs
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 pound ground turkey breast
- ☐ 4 whole-grain hamburger rolls toasted

- ☐ 4 lettuce leaves
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons onion finely chopped
- ☐ 3 tablespoons papaya fresh diced finely
- ☐ 4 servings pineapple-papaya sauce
- ☐ 0.3 cup pineapple fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 slices tomatoes
- ☐ 4 servings hawaiian turkey burgers

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ For sauce, combine all ingredients in saucepan. Cook, stirring over moderate heat until sauce boils; simmer 10 minutes.
- ☐ Preheat grill.
- ☐ For burgers, mix ground turkey, breadcrumbs, onion, cayenne, sugar, and 1/3 cup sauce in a bowl until just combined. Form into 4 (1-inch) patties.
- ☐ Brush burgers with oil; season with salt and pepper. Grill over medium heat, turning once, about 6 minutes per side. Baste with sauce, and grill 2 minutes more; transfer to plate. If desired, grill pineapple slices 2 minutes per side; transfer to plate.
- ☐ Place burgers on rolls, and spoon on remaining Pineapple-Papaya Sauce. Top with pineapple slice (if desired), lettuce, tomato, and onion slices (if desired).

Nutrition Facts



 **PROTEIN 39.63%**  **FAT 25.83%**  **CARBS 34.54%**

Properties

Glycemic Index:91.79, Glycemic Load:14.36, Inflammation Score:-9, Nutrition Score:22.879130529321%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 640.47kcal (32.02%), Fat: 17.8g (27.39%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 51.24g (18.63%), Sugar: 24.8g (27.56%), Cholesterol: 170.21mg (56.74%), Sodium: 1249.23mg (54.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.44g (122.87%), Vitamin B3: 13.85mg (69.26%), Selenium: 39.59µg (56.56%), Vitamin B6: 1.1mg (55.08%), Vitamin A: 2228.52IU (44.57%), Phosphorus: 340.66mg (34.07%), Manganese: 0.58mg (29.17%), Vitamin B1: 0.43mg (28.46%), Iron: 4.85mg (26.96%), Vitamin C: 18.06mg (21.89%), Vitamin B2: 0.35mg (20.39%), Folate: 76.95µg (19.24%), Potassium: 623.2mg (17.81%), Zinc: 2.62mg (17.44%), Magnesium: 63.03mg (15.76%), Calcium: 139.56mg (13.96%), Vitamin B5: 1.19mg (11.87%), Vitamin B12: 0.69µg (11.51%), Copper: 0.19mg (9.51%), Fiber: 2.31g (9.22%), Vitamin E: 0.9mg (5.99%), Vitamin K: 4.71µg (4.48%), Vitamin D: 0.45µg (3.02%)