



Jerk beefburger with pineapple relish & chips

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large very potatoes
- ☐ 1 tbsp vegetable oil
- ☐ 1 onion red grated finely chopped
- ☐ 1 carrots grated
- ☐ 14 oz g/ beef mince
- ☐ 2 tsp walkerswood jamaican jerk seasoning (we used Bart)
- ☐ 200 g pineapple fresh finely chopped (we used pre-cut packet)
- ☐ 1 chilli red deseeded finely chopped

- ☐ 1 small handful coriander roughly chopped
- ☐ 1 juice of lime
- ☐ 4 servings lettuce and burger buns

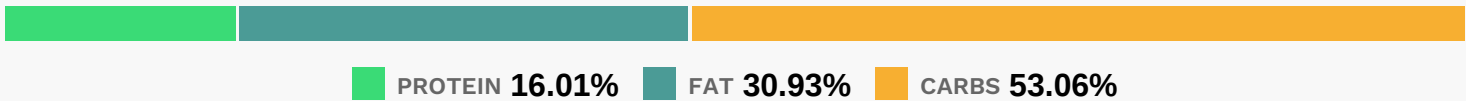
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Scrub the potatoes and cut into chips.
- ☐ Lay the chips in a single layer on a baking tray, drizzle with oil, season and toss to coat.
- ☐ Bake for 40 mins until crisp.
- ☐ Mix together the grated onion, carrot, mince and jerk seasoning in a large bowl, then shape into 4 evenly sized patties.
- ☐ Heat a non-stick frying pan till hot, then cook the burgers for 5-6 mins each side.
- ☐ To make the relish, mix the chopped onion, pineapple, chilli, coriander and lime juice. To serve, place the burgers in split buns with some lettuce and the spicy relish.
- ☐ Serve with the crispy chips.

Nutrition Facts



Properties

Glycemic Index:88.81, Glycemic Load:64.92, Inflammation Score:-10, Nutrition Score:38.9778262921%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

Nutrients (% of daily need)

Calories: 737.86kcal (36.89%), Fat: 25.58g (39.36%), Saturated Fat: 8.64g (54.01%), Carbohydrates: 98.74g (32.91%), Net Carbohydrates: 87.68g (31.88%), Sugar: 13.63g (15.14%), Cholesterol: 70.45mg (23.48%), Sodium: 331.18mg (14.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.61%), Vitamin C: 118.78mg (143.98%), Vitamin B6: 1.63mg (81.42%), Manganese: 1.38mg (68.84%), Vitamin A: 3059.85IU (61.2%), Potassium: 2087.01mg (59.63%), Vitamin B3: 10.59mg (52.95%), Fiber: 11.06g (44.24%), Phosphorus: 437.21mg (43.72%), Vitamin B1: 0.65mg (43.11%), Selenium: 28.17µg (40.24%), Zinc: 5.76mg (38.39%), Iron: 6.84mg (38%), Vitamin B12: 2.21µg (36.82%), Folate: 127.77µg (31.94%), Magnesium: 127.15mg (31.79%), Copper: 0.61mg (30.36%), Vitamin B2: 0.45mg (26.28%), Vitamin K: 25.36µg (24.16%), Vitamin B5: 1.82mg (18.19%), Calcium: 148.51mg (14.85%), Vitamin E: 1.45mg (9.7%)