



Jerk-Seasoned Buffalo Hamburger Steak with Mango-Pineapple Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



53 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 pound frangelico
- 1 small jalapeno seeded finely chopped
- 2 teaspoons walkerswood jamaican jerk seasoning salt-free
- 1 tablespoon juice of lime fresh
- 1 cup mangos peeled chopped
- 0.8 cup pineapple chopped

0.5 cup onion red finely chopped

0.5 teaspoon salt

Equipment

bowl

grill

Directions

Preheat grill.

Combine mango, pineapple, onion, cilantro, lime juice, salt, and jalapeo pepper in a medium bowl. Set aside.

Divide buffalo into 4 equal portions, shaping each into a 1/2-inch-thick patty.

Sprinkle patties with jerk seasoning and 1/2 teaspoon salt.

Place patties on grill rack coated with cooking spray; grill 5 minutes on each side or until done.

Nutrition Facts

 **PROTEIN 6.21%** **FAT 5.68%** **CARBS 88.11%**

Properties

Glycemic Index:50.35, Glycemic Load:5.44, Inflammation Score:-7, Nutrition Score:6.4134783537492%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 53.22kcal (2.66%), Fat: 0.38g (0.58%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.26g (4.1%), Sugar: 9.83g (10.93%), Cholesterol: 0mg (0%), Sodium: 309.25mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 36.84mg (44.65%), Manganese: 0.36mg (18.23%), Vitamin A: 868.25IU (17.37%), Fiber: 1.92g (7.69%), Folate: 29.33µg (7.33%), Vitamin B6: 0.15mg (7.31%), Vitamin K: 6.86µg (6.53%), Vitamin E: 0.92mg (6.14%), Copper: 0.1mg (5.14%), Potassium: 170.06mg (4.86%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.63mg (3.16%), Magnesium: 12.42mg (3.11%), Vitamin B2: 0.05mg (2.65%), Iron: 0.4mg (2.24%), Vitamin B5: 0.2mg (2.02%), Phosphorus: 18.97mg (1.9%), Calcium: 18.25mg (1.83%), Zinc: 0.16mg (1.1%)