



Pineapple Bacon Burgers

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 0.5 cup barbecue sauce prepared
- 8 ounce pineapple sliced canned
- 2 pounds ground beef lean

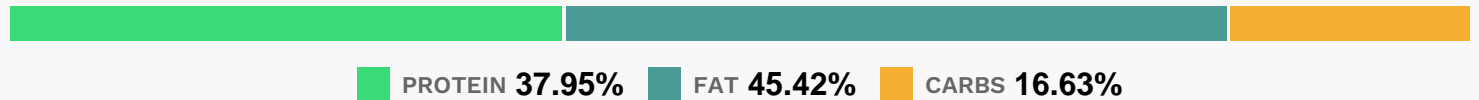
Equipment

- bowl
- toothpicks
- grill

Directions

- Prepare grill for indirect cooking.
- In a large bowl, mix together hamburger meat and barbecue sauce. Season with salt and pepper.
- Shape mixture into 4 large patties.
- Place a slice of pineapple on top of each. Crisscross 2 bacon strips around each burger, and secure with toothpicks.
- Brush oil on grate.
- Place burgers on grill over medium low heat. Cook, covered, until the burger is cooked through. Turn often to avoid burning the bacon.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:26.559564782226%

Nutrients (% of daily need)

Calories: 589.7kcal (29.49%), Fat: 29.09g (44.76%), Saturated Fat: 10.97g (68.59%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 22.91g (8.33%), Sugar: 19.95g (22.17%), Cholesterol: 169.65mg (56.55%), Sodium: 809.76mg (35.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.69g (109.38%), Vitamin B12: 5.3µg (88.34%), Zinc: 12.18mg (81.2%), Vitamin B3: 14.6mg (73.02%), Selenium: 49µg (70%), Vitamin B6: 1.08mg (53.77%), Phosphorus: 523.54mg (52.35%), Iron: 5.97mg (33.14%), Potassium: 1025.08mg (29.29%), Vitamin B2: 0.43mg (25.45%), Vitamin B1: 0.28mg (18.7%), Vitamin B5: 1.76mg (17.59%), Magnesium: 68.33mg (17.08%), Copper: 0.28mg (13.98%), Vitamin E: 1.12mg (7.48%), Vitamin C: 5.54mg (6.72%), Calcium: 43.48mg (4.35%), Fiber: 1.06g (4.24%), Folate: 14.89µg (3.72%), Manganese: 0.07mg (3.63%), Vitamin D: 0.4µg (2.69%), Vitamin A: 124.71IU (2.49%), Vitamin K: 1.72µg (1.64%)