



Pineapple-Jalapeño Burgers

READY IN



180 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slices avocado fresh
- 6 servings cup heavy whipping cream
- 1 pound ground beef
- 1 pound ground sirloin
- 6 servings hawaiian rolls homemade
- 0.3 cup jalapeno minced sliced
- 0.5 teaspoon pepper freshly ground
- 6 slices pineapple (1/4-inch-thick)
- 1 teaspoon salt

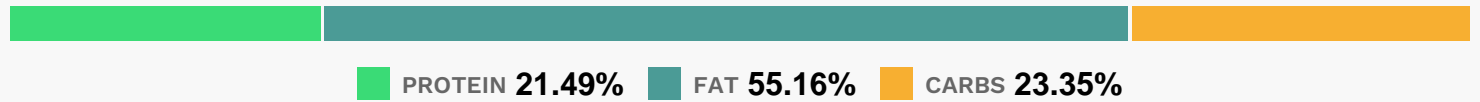
Equipment

grill

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Combine first 4 ingredients gently. Stir minced jalapeo peppers into meat mixture. Shape mixture into 6 (5-inch) patties.
- Grill, covered with grill lid, 4 to 5 minutes on each side or until beef is no longer pink in center. Grill pineapple slices over medium-high heat 1 to 2 minutes on each side.
- Serve burgers on Homemade Hamburger Buns. Top each burger with Cilantro-Jalapeo Cream, grilled pineapple, avocado slices, and a fresh cilantro sprig.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:18.9, Inflammation Score:-6, Nutrition Score:26.324782464815%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 608.33kcal (30.42%), Fat: 37.26g (57.32%), Saturated Fat: 14.58g (91.13%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 31.72g (11.53%), Sugar: 12.21g (13.57%), Cholesterol: 122.03mg (40.68%), Sodium: 707.32mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.66g (65.33%), Vitamin C: 49.16mg (59.59%), Vitamin B12: 3.37µg (56.14%), Manganese: 1.09mg (54.67%), Selenium: 35.64µg (50.92%), Zinc: 7.16mg (47.76%), Vitamin B3: 9.43mg (47.13%), Vitamin B6: 0.72mg (35.81%), Phosphorus: 321.79mg (32.18%), Iron: 4.95mg (27.48%), Vitamin B2: 0.44mg (26.18%), Vitamin B1: 0.39mg (25.71%), Folate: 87.06µg (21.76%), Potassium: 718.11mg (20.52%), Fiber: 3.76g (15.05%), Copper: 0.29mg (14.44%), Magnesium: 55.58mg (13.9%), Vitamin B5: 1.37mg (13.68%), Calcium: 112.19mg (11.22%), Vitamin K: 11.78µg (11.22%), Vitamin E: 1.54mg (10.3%), Vitamin A: 359.99IU (7.2%), Vitamin D: 0.39µg (2.61%)