



## Pineapple Teriyaki Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bread crumbs plain
- 2 slices pineapple canned drained
- 8 ounce water chestnuts drained sliced chopped canned
- 1 eggs
- 1 inch ginger fresh minced
- 0.3 teaspoon garlic powder
- 0.8 pound ground beef
- 2 hamburger buns split

- 0.5 cup lettuce shredded divided
- 0.5 teaspoon onion powder
- 1.5 teaspoons asian seasoning blend
- 0.3 cup teriyaki sauce

## Equipment

- bowl
- baking sheet
- oven
- kitchen thermometer
- broiler

## Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Spray a broiling rack with cooking spray.
- Place pineapple slices on a baking sheet and broil just until lightly browned, about 1 minute per side. Set the pineapple slices aside.
- Thoroughly mix ground beef, bread crumbs, water chestnuts, teriyaki sauce, egg, minced ginger, Asian seasoning blend, onion powder, and garlic powder in a bowl; divide in half and form 2 large patties.
- Place the patties onto the prepared broiling rack.
- Broil patties until burgers are browned and no longer pink inside, 5 to 8 minutes per side. An instant-read meat thermometer inserted into the middle of a burger should read at least 160 degrees F (70 degrees C).
- Place half the lettuce onto the bottom half of each bun; top with a burger and a slice of pineapple.
- Place bun tops on sandwiches and serve.

## Nutrition Facts



**PROTEIN 20.65%** **FAT 41.42%** **CARBS 37.93%**

## Properties

Glycemic Index:59.5, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:35.765217635943%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 862.28kcal (43.11%), Fat: 39.61g (60.94%), Saturated Fat: 14.53g (90.81%), Carbohydrates: 81.61g (27.2%), Net Carbohydrates: 72.47g (26.35%), Sugar: 22.91g (25.45%), Cholesterol: 202.61mg (67.54%), Sodium: 1952mg (84.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.44g (88.88%), Selenium: 53.01µg (75.72%), Vitamin B12: 4.02µg (66.94%), Vitamin B3: 12.27mg (61.37%), Zinc: 9.03mg (60.2%), Iron: 10.27mg (57.06%), Vitamin B6: 1.07mg (53.37%), Phosphorus: 507.1mg (50.71%), Manganese: 0.92mg (45.84%), Vitamin B1: 0.68mg (45.5%), Vitamin B2: 0.69mg (40.88%), Fiber: 9.14g (36.57%), Vitamin K: 35.05µg (33.38%), Folate: 122.31µg (30.58%), Potassium: 1049.98mg (30%), Copper: 0.55mg (27.44%), Magnesium: 106.09mg (26.52%), Calcium: 244.08mg (24.41%), Vitamin E: 2.68mg (17.88%), Vitamin B5: 1.73mg (17.27%), Vitamin C: 8.98mg (10.88%), Vitamin A: 300.47IU (6.01%), Vitamin D: 0.61µg (4.07%)