

 **60%**
HEALTH SCORE

Skinny Thai burgers with sweet potato chips & pineapple salsa

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 sweet potatoes unpeeled cut into chunky chips
- ☐ 1 tbsp olive oil
- ☐ 400 g extra pork lean minced
- ☐ 2 tbsp thai curry paste red
- ☐ 6 spring onion chopped
- ☐ 1 small bunch coriander chopped
- ☐ 200 g pineapple chunks diced

- ☐ 0.5 juice of lime
- ☐ 1 chilli red deseeded finely chopped
- ☐ 2 tbsp chilli sauce sweet for dipping chips
- ☐ 1 little gem lettuce
- ☐ 4 buns toasted

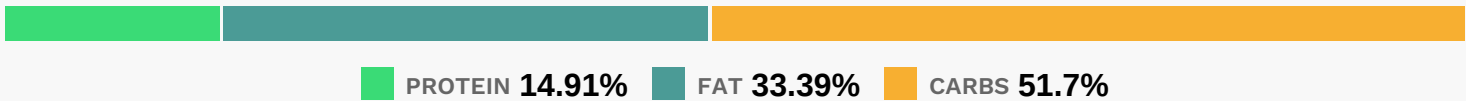
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the sweet potato chips with the oil and some seasoning on a baking sheet. Roast for 40-45 mins until golden and crisp.
- ☐ Mix the mince with the curry paste, half the spring onions, half the coriander and some seasoning. Shape into 4 burgers.
- ☐ Mix remaining spring onions and coriander with the pineapple, lime juice, red chilli and sweet chilli sauce.
- ☐ When the chips have 10 mins to go, heat a non-stick frying pan or griddle and cook the burgers for 3-5 mins on each side until golden and cooked through.
- ☐ Serve the burgers in the buns with lettuce leaves and salsa piled on top, the sweet potato chips and extra chilli sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:46.81, Inflammation Score:-10, Nutrition Score:36.238260808198%

Flavonoids

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: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 748.2kcal (37.41%), Fat: 27.94g (42.99%), Saturated Fat: 8.67g (54.16%), Carbohydrates: 97.34g (32.45%), Net Carbohydrates: 86.19g (31.34%), Sugar: 29.25g (32.5%), Cholesterol: 72mg (24%), Sodium: 576.89mg (25.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.14%), Vitamin A: 34375.71IU (687.51%), Vitamin K: 84.06µg (80.05%), Iron: 14.24mg (79.09%), Vitamin B1: 1.03mg (68.99%), Vitamin B6: 1.02mg (51.09%), Fiber: 11.15g (44.59%), Vitamin C: 36.44mg (44.17%), Manganese: 0.82mg (41.03%), Potassium: 1401.36mg (40.04%), Selenium: 26.48µg (37.82%), Phosphorus: 324.65mg (32.47%), Vitamin B3: 6.17mg (30.83%), Vitamin B5: 2.65mg (26.51%), Vitamin B2: 0.44mg (26.17%), Copper: 0.51mg (25.42%), Magnesium: 99.44mg (24.86%), Folate: 87.16µg (21.79%), Zinc: 3.24mg (21.62%), Calcium: 147.38mg (14.74%), Vitamin B12: 0.7µg (11.67%), Vitamin E: 1.58mg (10.53%)