

Surprise Burgers

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 0.5 cup catsup
- 1 pound ground beef lean
- 4 pineapple rings
- 1 tablespoon mustard yellow prepared

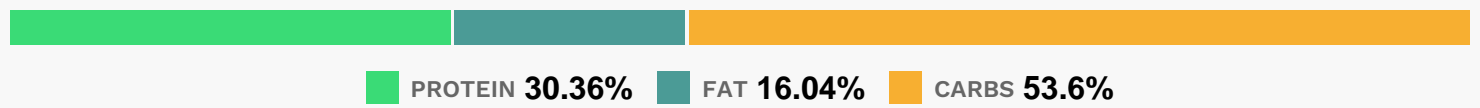
Equipment

- sauce pan
- grill

Directions

- Preheat a grill for high heat.
- Divide the ground beef into four portions, and form patties around pineapple rings so that none of the pineapple is showing. In a small saucepan, mix together the ketchup, brown sugar, and mustard.
- Heat until sugar is dissolved. Set aside.
- Place burgers on the grill, and cook for about 5 minutes per side, or until well done. Spoon some of the brown sugar sauce over the burgers before serving.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:13.83913046899%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 326.64kcal (16.33%), Fat: 5.89g (9.06%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 43.27g (15.74%), Sugar: 41.25g (45.83%), Cholesterol: 70.31mg (23.44%), Sodium: 396.46mg (17.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.15%), Vitamin B12: 2.54µg (42.34%), Zinc: 5.91mg (39.41%), Vitamin B3: 6.87mg (34.36%), Selenium: 21.77µg (31.11%), Vitamin B6: 0.55mg (27.43%), Phosphorus: 241.47mg (24.15%), Iron: 3.22mg (17.88%), Potassium: 589.54mg (16.84%), Vitamin B2: 0.25mg (14.52%), Magnesium: 41.67mg (10.42%), Copper: 0.19mg (9.48%), Vitamin C: 6.6mg (8%), Vitamin B5: 0.79mg (7.9%), Vitamin B1: 0.12mg (7.67%), Vitamin E: 0.78mg (5.2%), Calcium: 49.01mg (4.9%), Fiber: 0.99g (3.97%), Manganese: 0.07mg (3.71%), Vitamin A: 185.06IU (3.7%), Folate: 11.76µg (2.94%), Vitamin K: 1.7µg (1.61%)