



Teriyaki Pineapple Turkey Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce pineapple drained canned
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 pound pd of ground turkey
- ☐ 4 grain hamburger buns whole
- ☐ 4 slices monterrey jack cheese
- ☐ 0.3 cup kikkoman panko bread crumbs

Equipment

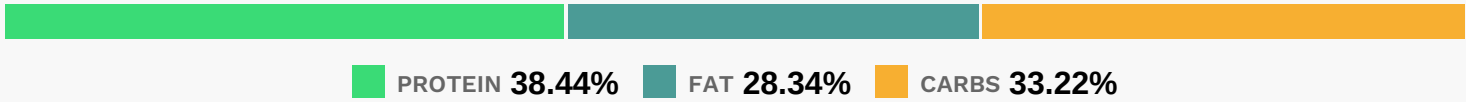
- ☐ bowl

☐ grill

Directions

- ☐ Stir together Kikkoman Teriyaki Base & Glaze and reserved pineapple juice in a small bowl.
- ☐ Remove 2 tablespoons sauce for burgers.
- ☐ Mix together turkey, ginger, Kikkoman Panko Bread Crumbs and 2 tablespoons Teriyaki mixture. Shape into 4 patties.
- ☐ Grill patties, brushing with remaining Teriyaki mixture until desired doneness.
- ☐ Place pineapple slices on grill and cook until lightly golden brown.
- ☐ Serve burger on buns with cheese and pineapple.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:12.94, Inflammation Score:-5, Nutrition Score:20.10086964006%

Nutrients (% of daily need)

Calories: 400.65kcal (20.03%), Fat: 12.64g (19.45%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 31.65g (11.51%), Sugar: 11.6g (12.89%), Cholesterol: 87.29mg (29.1%), Sodium: 466.33mg (20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.59g (77.18%), Vitamin B3: 13.25mg (66.23%), Selenium: 41.99µg (59.99%), Vitamin B6: 1.07mg (53.44%), Phosphorus: 435.49mg (43.55%), Calcium: 290.22mg (29.02%), Vitamin B1: 0.4mg (26.81%), Vitamin B2: 0.38mg (22.54%), Zinc: 3.26mg (21.75%), Iron: 2.89mg (16.07%), Folate: 61.43µg (15.36%), Magnesium: 60.67mg (15.17%), Vitamin B12: 0.91µg (15.16%), Manganese: 0.28mg (14.16%), Potassium: 489.4mg (13.98%), Vitamin B5: 1.08mg (10.78%), Copper: 0.19mg (9.65%), Vitamin C: 5.91mg (7.17%), Fiber: 1.69g (6.76%), Vitamin A: 272.45IU (5.45%), Vitamin D: 0.62µg (4.14%), Vitamin K: 3.41µg (3.25%), Vitamin E: 0.28mg (1.89%)