



Teriyaki Pineapple Turkey Burgers from DOLE®

READY IN



25 min.

SERVINGS



8

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 pounds pd of ground turkey
- ☐ 8 grain hamburger buns whole
- ☐ 8 slices monterrey jack cheese
- ☐ 0.5 cup panko bread crumbs
- ☐ 20 ounce dole® pineapple canned
- ☐ 0.5 cup teriyaki sauce

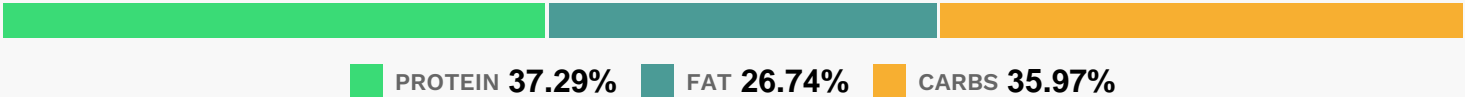
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Drain pineapple; reserve 1/2 cup juice. Reserve 2 pineapple slices for snack or other use.
- ☐ Stir together teriyaki sauce and reserved pineapple juice in small bowl.
- ☐ Mix together turkey, ginger, bread crumbs and 1/4 cup teriyaki mixture. Shape into 8 patties.
- ☐ Grill patties, brushing with remaining teriyaki mixture, until brown and cooked through.
- ☐ Place pineapple slices on grill and cook until lightly golden brown.
- ☐ Serve burgers on buns with cheese and pineapple.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:12.93, Inflammation Score:-5, Nutrition Score:21.014347672462%

Nutrients (% of daily need)

Calories: 424.97kcal (21.25%), Fat: 12.66g (19.47%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 36.43g (13.25%), Sugar: 16.15g (17.95%), Cholesterol: 87.29mg (29.1%), Sodium: 1155.84mg (50.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.72g (79.45%), Vitamin B3: 13.51mg (67.56%), Selenium: 42.25µg (60.35%), Vitamin B6: 1.1mg (54.86%), Phosphorus: 464.12mg (46.41%), Calcium: 296.94mg (29.69%), Vitamin B1: 0.42mg (28.13%), Vitamin B2: 0.4mg (23.45%), Zinc: 3.29mg (21.96%), Magnesium: 73.67mg (18.42%), Iron: 3.24mg (17.98%), Folate: 63.56µg (15.89%), Potassium: 546.44mg (15.61%), Vitamin B12: 0.91µg (15.16%), Manganese: 0.28mg (14.14%), Copper: 0.23mg (11.28%), Vitamin B5: 1.11mg (11.14%), Vitamin C: 7.23mg (8.77%), Fiber: 1.89g (7.55%), Vitamin A: 279.54IU (5.59%), Vitamin D: 0.62µg (4.14%), Vitamin K: 3.51µg (3.34%), Vitamin E: 0.29mg (1.91%)