



Teriyaki Shrimp Burgers with Grilled Pineapple Salsa, Bacon and Blue Cheese

♥ Popular

READY IN



50 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup bread crumbs
- ☐ 3 tablespoons brown sugar
- ☐ 8 slices bacon cooked
- ☐ 1 teaspoon garlic minced
- ☐ 1 inch ginger grated
- ☐ 2 green onions thinly sliced

- ☐ 0.3 cup mirin
- ☐ 0.3 cup pineapple juice
- ☐ 1 cup grilled pineapple salsa
- ☐ 1 teaspoon sesame oil
- ☐ 1.5 pounds shrimp deveined peeled coarsely chopped
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons pineapple teriyaki sauce (see below)

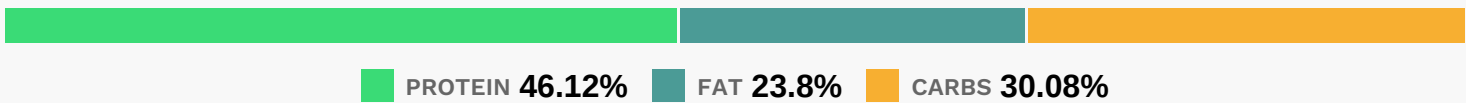
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Mince 1/3 of the shrimp in a food processor along with the garlic, ginger, teriyaki sauce, sesame oil and green onions.
- ☐ Mix the minced shrimp into the chopped shrimp along with enough breadcrumbs that the mixture will hold together, form 4 patties and chill in the fridge for at least 30 minutes.Oil your grill, heat to medium-high and cook until the shrimp turns pink, about 3-5 minutes per side.Assemble the burgers and enjoy!

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:15.179565116115%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 388.45kcal (19.42%), Fat: 10.45g (16.07%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 27.89g (10.14%), Sugar: 18.3g (20.34%), Cholesterol: 296.02mg (98.67%), Sodium: 2315.69mg (100.68%), Alcohol: 1.48g (100%), Alcohol %: 0.55% (100%), Protein: 45.57g (91.13%), Phosphorus: 528.89mg (52.89%), Copper: 0.8mg (39.94%), Potassium: 840.39mg (24.01%), Magnesium: 95.1mg (23.77%), Zinc: 3.35mg (22.33%), Calcium: 206.22mg (20.62%), Manganese: 0.37mg (18.72%), Vitamin B3: 3.72mg (18.59%), Selenium: 12.11µg (17.31%), Vitamin K: 15.99µg (15.23%), Vitamin B6: 0.29mg (14.72%), Vitamin B1: 0.21mg (13.67%), Iron: 2.38mg (13.23%), Vitamin B2: 0.16mg (9.12%), Vitamin A: 442.92IU (8.86%), Fiber: 1.84g (7.34%), Vitamin E: 0.94mg (6.28%), Vitamin B5: 0.6mg (5.98%), Folate: 22.99µg (5.75%), Vitamin C: 4.16mg (5.04%), Vitamin B12: 0.3µg (5.02%)