

# Hawaiian Burger

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## Servings: 8

2 1/2 pounds lean ground beef  
1 cup (4 ounces) crumbled blue cheese  
1 cup onion, finely chopped  
1 can (8 ounce) crushed pineapple, drained  
1/2 cup ham, diced  
1 package (2.8 ounce) cooked bacon pieces  
2 teaspoons ground black pepper  
1 teaspoon garlic powder  
8 slices sharp cheddar cheese  
8 hamburger buns or plain bagel thins  
leaf lettuce (optional)  
2 medium tomatoes (optional), sliced  
1 medium sweet onion (optional), sliced

In a very large bowl, combine the beef, blue cheese, onion, pineapple, ham, bacon pieces, pepper and garlic powder. Mix well. Shape the meat mixture into eight one-inch-thick patties.

For a charcoal grill: Place the patties on the grill rack directly over the medium coals.

For a gas grill: Preheat the grill. Reduce the heat to medium. Place the patties on the grill rack over the heat.

Grill, covered, for 12 to 14 minutes or until done (160 to 165 degrees), turning once halfway through grilling. Top the burgers with cheddar cheese. Continue to grill, covered, for 2 minutes more or until the cheese is melted.

Serve the burgers on buns. If desired, top with lettuce, tomato and onion.

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Per Serving (excluding unknown items): 935 Calories; 73g Fat (70.6% calories from fat); 59g Protein; 9g Carbohydrate; 1g Dietary Fiber; 243mg Cholesterol; 1149mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 9 1/2 Fat.

## Sandwiches

### Per Serving Nutritional Analysis

|                                |       |                     |        |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal):               | 935   | Vitamin B6 (mg):    | .5mg   |
| % Calories from Fat:           | 70.6% | Vitamin B12 (mcg):  | 4.5mcg |
| % Calories from Carbohydrates: | 4.0%  | Thiamin B1 (mg):    | .2mg   |
| % Calories from Protein:       | 25.4% | Riboflavin B2 (mg): | .8mg   |

**Total Fat (g):** 73g  
**Saturated Fat (g):** 39g  
**Monounsaturated Fat (g):** 25g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 243mg  
**Carbohydrate (g):** 9g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 59g  
**Sodium (mg):** 1149mg  
**Potassium (mg):** 633mg  
**Calcium (mg):** 930mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 1335IU  
**Vitamin A (r.e.):** 398 1/2RE

**Folacin (mcg):** 44mcg  
**Niacin (mg):** 7mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Daily Values\***

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 8 1/2  
**Vegetable:** 1/2  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 9 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 935 **Calories from Fat:** 660

### % Daily Values\*

|                            |        |      |
|----------------------------|--------|------|
| <b>Total Fat</b>           | 73g    | 112% |
| Saturated Fat              | 39g    | 196% |
| <b>Cholesterol</b>         | 243mg  | 81%  |
| <b>Sodium</b>              | 1149mg | 48%  |
| <b>Total Carbohydrates</b> | 9g     | 3%   |
| Dietary Fiber              | 1g     | 3%   |
| <b>Protein</b>             | 59g    |      |
| <b>Vitamin A</b>           |        | 27%  |
| <b>Vitamin C</b>           |        | 11%  |
| <b>Calcium</b>             |        | 93%  |
| <b>Iron</b>                |        | 21%  |

\* Percent Daily Values are based on a 2000 calorie diet.