

Teriyaki Pineapple Turkey Burgers

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Servings: 8

1 can (20 ounce) Dole pineapple slices
1/2 cup teriyaki sauce
2 pounds ground turkey or chicken
1 teaspoon fresh ginger, grated
1/2 cup panko bread crumbs
8 whole grain hamburger buns
8 slices Cheddar or Monterey Jack cheese

Drain the pineapple. Reserve 1/2 cup of juice. Reserve two pineapple slices for snack or other use.

Stir together the teriyaki sauce and reserved pineapple juice in a small bowl.

In a bowl, mix together the turkey, ginger, bread crumbs and 1/4 cup of the teriyaki mixture. Shape into eight patties.

Grill the patties, brushing with the remaining teriyaki mixture until brown and cooked through.

Place the pineapple slices on the grill and cook until lightly golden brown.

Serve the burgers on the buns with cheese and pineapple.

Per Serving (excluding unknown items): 15 Calories; trace Fat (0.1% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 690mg Sodium. Exchanges: 1/2 Vegetable.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	15	Vitamin B6 (mg):	trace
% Calories from Fat:	0.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	73.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	26.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 690mg
Potassium (mg): 42mg
Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 15 **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	690mg	29%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	0%
Protein	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

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