

Sweet Hawaiian Mini Burgers

Total recipe time: 35 to 40 minutes Makes 4 servings



Ingredients

1 pound ground beef
1 tablespoon Worcestershire sauce
4 canned pineapple slices, drained
12 Hawaiian sweet or small whole wheat dinner rolls, split
Lettuce

Sauce:

1/4 cup barbecue sauce
1/4 cup pineapple preserves
1 tablespoon packed brown sugar



Instructions

1. Combine ground beef and Worcestershire sauce in medium bowl, mixing lightly but thoroughly. Lightly shape into twelve 1/2-inch thick mini patties. Set aside.
2. Combine sauce ingredients in small saucepan; bring to a boil over medium heat, stirring frequently. Remove from heat.
3. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 9 to 11 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
4. Meanwhile brush pineapple slices with sauce and place on grid around patties. Grill pineapple 4 minutes, turning once and brushing with additional sauce. Remove pineapple, keep warm. Brush burgers with remaining sauce after turning.
5. Cut each pineapple slice into thirds. Line bottom of each roll with lettuce, top with burger, then with pineapple piece. Close sandwiches.

Nutritional Information Per Serving

Nutrition information per serving, using 80% lean ground beef: 630 calories; 19 g fat (6 g saturated fat; 7 g monounsaturated fat); 88 mg cholesterol; 702 mg sodium; 83 g carbohydrate; 2.5 g fiber; 32 g protein; 6.8 mg niacin; 0.3 mg vitamin B6; 2.3 mcg vitamin B12; 5.5 mg iron; 18.3 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B12, iron, selenium and zinc; and a good source of fiber and vitamin B6.

Nutrition information per serving, using 95% lean ground beef: 582 calories; 13 g fat (4 g saturated fat; 5 g monounsaturated fat); 117 mg cholesterol; 807 mg sodium; 81 g carbohydrate; 4.6 g fiber; 33 g protein; 8.7 mg niacin; 0.4 mg vitamin B6; 2.4 mcg vitamin B12; 6.7 mg iron; 49.8 mcg selenium; 6.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber.