

# Grilled Pineapple Burgers with Avocado Cream

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-barbecue-pineapple-recipe>

## Ingredients:

- 1 pound ground beef Grass Fed
- 1 pineapple cored and sliced, see my fantastic pics below
- 1 yellow onion sliced thin
- 1 tablespoon chili powder chipotle
- 2 garlic cloves minced
- 1/2 teaspoon onion powder
- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon black pepper
- 2 avocados
- 1 lime
- 1/2 lemon
- 1 tablespoon hot sauce your favorite will do
- 1 teaspoon chili powder chipotle
- 1 teaspoon olive oil
- 1 pinch salt

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 75 milligrams
4. Fat: 34 grams
5. Fiber: 12 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 570 milligrams
9. Sugar: 26 grams
10. TransFat: 1 grams

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