

Aloha Teriyaki Shrimp Burgers

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-grilled-shrimp-bun-recipe>

Ingredients:

- 1/2 tablespoon cornstarch
- 1/4 cup cold water
- 1/4 cup low sodium soy sauce
- 1/2 cup pineapple juice
- 3 tablespoons brown sugar
- 1/2 teaspoon ginger fresh grated, very fine
- 1 garlic clove small, minced
- 2 pounds shrimp peeled and deveined, weight after peeled
- 2 garlic cloves minced
- 1/2 cup scallions chopped
- 1 teaspoon ginger fresh grated
- 1 tablespoon reduced sodium soy sauce
- 1/4 cup panko
- 1 teaspoon Sriracha sauce or more if you like it spicy
- 8 slices fresh pineapple cored
- 8 whole wheat
- 100 calories buns
- 8 lettuce leaves

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 170 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. Sodium: 520 milligrams
8. Sugar: 14 grams

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