



Amazing Cheddar Sliders

READY IN



45 min.

SERVINGS



12

CALORIES



632 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon garlic powder
- ☐ 3 pounds ground sirloin lean
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon onion powder
- ☐ 24 potato buns sliced (1 pack)
- ☐ 12 ounces sharp cheddar cheese thinly sliced
- ☐ 1.5 tablespoons paprika smoked
- ☐ 1 tablespoon pepper white
- ☐ 4 tablespoons worcestershire sauce

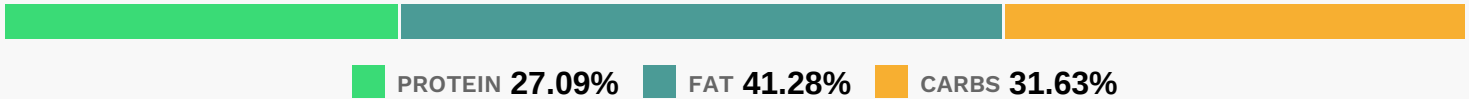
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Preheat oven to 37
- ☐ In a large bowl, combine meat and next 6 ingredients (through paprika); mix well. Divide into 24 (2-ounce) patties. Cook sliders on a grill or grill pan until a thermometer registers 160 (medium) or desired degree of doneness (3–4 minutes per side).
- ☐ Place 1 slice cheddar on each patty; cook until cheese melts (1–2 minutes). Lightly toast roll slices.
- ☐ Place 1 patty on each roll; serve.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:22.986521777899%

Nutrients (% of daily need)

Calories: 631.93kcal (31.6%), Fat: 29.75g (45.77%), Saturated Fat: 12.12g (75.75%), Carbohydrates: 51.3g (17.1%), Net Carbohydrates: 48.68g (17.7%), Sugar: 10.77g (11.97%), Cholesterol: 105.46mg (35.15%), Sodium: 1276.08mg (55.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.94g (87.88%), Vitamin B3: 11.36mg (56.79%), Calcium: 530.16mg (53.02%), Vitamin B12: 2.76µg (46.02%), Vitamin B1: 0.67mg (44.84%), Folate: 173.38µg (43.35%), Zinc: 6.22mg (41.47%), Vitamin B2: 0.66mg (38.64%), Selenium: 26.29µg (37.55%), Iron: 6.65mg (36.96%), Phosphorus: 335.56mg (33.56%), Vitamin B6: 0.45mg (22.32%), Vitamin A: 719.51IU (14.39%), Potassium: 435.88mg (12.45%), Fiber: 2.62g (10.48%), Magnesium: 32.07mg (8.02%), Vitamin B5: 0.77mg (7.71%), Vitamin E: 0.9mg (5.98%), Copper: 0.12mg (5.78%), Manganese: 0.07mg (3.44%), Vitamin K: 2.94µg (2.8%), Vitamin D: 0.28µg (1.89%), Vitamin C: 1.01mg (1.23%)