



## Bacon and Cheddar Sliders

READY IN



30 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 3 slices bacon cooked cut into 1-inch pieces
- ☐ 1 teaspoon dijon mustard
- ☐ 12 ounces ground sirloin
- ☐ 4 small lettuce leaves
- ☐ 3 tablespoons mayonnaise
- ☐ 3 tablespoons shallots minced
- ☐ 0.5 cup sharp cheddar cheese shredded 2% reduced-fat
- ☐ 8 slider buns whole-wheat

- ☐ 1 small tomatoes ripe cut into 8 slices
- ☐ 4 small cornichon cut lengthwise into 4 slices

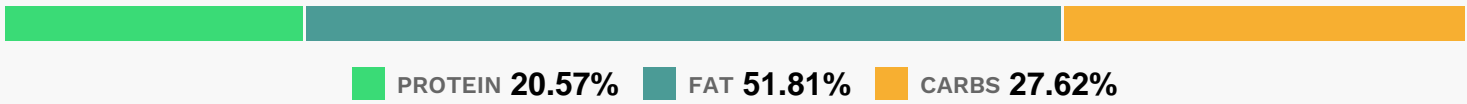
## Equipment

- ☐ bowl
- ☐ grill

## Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Gently combine first 3 ingredients and 1/2 teaspoon pepper in a large bowl, being careful not to overmix. Divide beef mixture into 8 equal portions; gently shape each portion into a 1/4-inch-thick patty, taking care not to pack mixture down.
- ☐ Arrange patties on grill rack coated with cooking spray; cook 2 minutes on each side or until desired degree of doneness. Top each patty with about 1 tablespoon cheese during last minute of cooking. Lightly coat cut sides of buns with cooking spray.
- ☐ Place buns, cut sides down, on grill rack. Grill for 1 minute or until toasted.
- ☐ Spread about 1 teaspoon mayonnaise on bottom half of each bun; top with 1 patty. Top each slider with 2 pickle slices, 1/2 lettuce leaf, and 1 tomato slice; sprinkle evenly with remaining 1/4 teaspoon pepper. Arrange bacon pieces evenly over tomato. Top with bun tops.

## Nutrition Facts



## Properties

Glycemic Index:52.25, Glycemic Load:0.71, Inflammation Score:0, Nutrition Score:16.02260863781%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 529.76kcal (26.49%), Fat: 30.15g (46.38%), Saturated Fat: 9.67g (60.41%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.74g (11.9%), Sugar: 6.53g (7.25%), Cholesterol: 82.31mg (27.44%), Sodium:

338.57mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.85%), Vitamin A: 2120.28IU (42.41%), Vitamin B12: 2.07µg (34.55%), Zinc: 4.66mg (31.05%), Selenium: 21.4µg (30.57%), Phosphorus: 254.47mg (25.45%), Vitamin B3: 4.85mg (24.24%), Iron: 4.07mg (22.59%), Vitamin B6: 0.41mg (20.35%), Vitamin K: 21.05µg (20.05%), Calcium: 179.26mg (17.93%), Vitamin B2: 0.24mg (14.05%), Fiber: 3.42g (13.69%), Potassium: 426.2mg (12.18%), Vitamin C: 8.04mg (9.75%), Manganese: 0.18mg (9.24%), Vitamin B1: 0.11mg (7.61%), Magnesium: 29.53mg (7.38%), Vitamin E: 1mg (6.64%), Vitamin B5: 0.66mg (6.61%), Folate: 23.83µg (5.96%), Copper: 0.1mg (4.79%), Vitamin D: 0.21µg (1.43%)