



## Bacon and Cheddar Sliders

READY IN



30 min.

SERVINGS



4

CALORIES



534 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## 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 canola 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

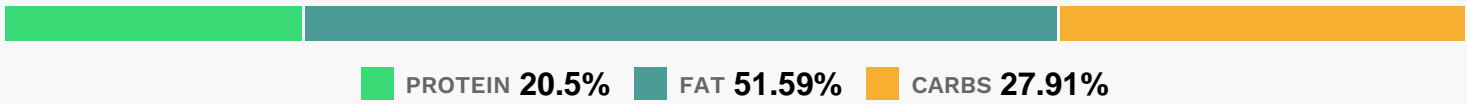
## Equipment

- ☐ 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:-8, Nutrition Score:16.921304189641%

## 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: 534.2kcal (26.71%), Fat: 30.31g (46.63%), Saturated Fat: 9.69g (60.59%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 33.1g (12.04%), Sugar: 7g (7.78%), Cholesterol: 82.31mg (27.44%), Sodium: 637.53mg (27.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.21%), Vitamin A: 2187.99IU (43.76%), Vitamin B12: 2.07µg (34.55%), Zinc: 4.7mg (31.32%), Selenium: 21.4µg (30.57%), Phosphorus: 260.39mg (26.04%), Vitamin K: 27.27µg (25.97%), Vitamin B3: 4.89mg (24.45%), Iron: 4.15mg (23.07%), Vitamin B6: 0.42mg (20.98%), Calcium: 199.24mg (19.92%), Vitamin B2: 0.26mg (15.29%), Fiber: 3.79g (15.17%), Potassium: 467.64mg (13.36%), Vitamin C: 8.82mg (10.69%), Manganese: 0.2mg (10.11%), Vitamin B1: 0.13mg (8.77%), Magnesium: 32.12mg (8.03%), Vitamin E: 1.04mg (6.94%), Vitamin B5: 0.68mg (6.8%), Folate: 26.79µg (6.7%), Copper: 0.11mg (5.27%), Vitamin D: 0.21µg (1.43%)