



Beef and Ground Pork Sliders

READY IN



27 min.

SERVINGS



12

CALORIES



480 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 ounces butter
- ☐ 12 slices cheese Gruyere, baby Swiss, or Gloucester
- ☐ 12 ounces ground beef
- ☐ 12 ounces ground pork
- ☐ 2 teaspoons kosher salt divided
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup equal parts mayonnaise and mustard
- ☐ 1 cup thinly romaine hearts shredded

- ☐ 12 petit buns toasted
- ☐ 1 teaspoon pepper white
- ☐ 1 cup onions yellow thinly sliced

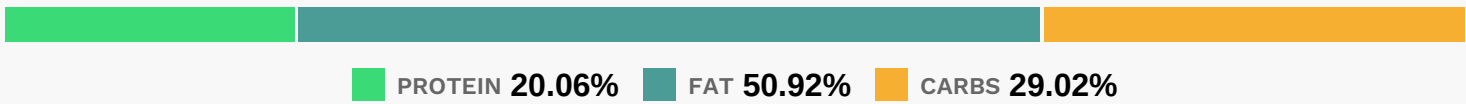
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a saute pan over high heat, add the butter, onions, white pepper and 1 teaspoon salt, and cook over high heat until the butter has melted. Reduce the heat to medium and finish cooking the onions until slightly browned on the edges, 7 to 8 minutes.
- ☐ Mix the beef, pork, remaining 1 teaspoon salt, and black pepper in a bowl. Do not over mix or the burger will be too tightly bound. Portion the meat into 12 (2-ounce) balls, then flatten the balls into patties about 2 1/2 inches round.
- ☐ Preheat a grill and grill the burgers for 4 to 5 minutes on each side, or until the internal temperature reaches 160 degrees F.
- ☐ Combine the mayonnaise-mustard mixture with the lemon juice and shredded romaine. Top the bottom bun with the dressed lettuce, a burger, some caramelized onions, and cheese of choice.
- ☐ Add the top bun and serve.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:23.27, Inflammation Score:-6, Nutrition Score:13.533913042234%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 479.85kcal (23.99%), Fat: 26.97g (41.49%), Saturated Fat: 12.15g (75.95%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32.86g (11.95%), Sugar: 5.16g (5.73%), Cholesterol: 81.5mg (27.17%), Sodium: 1003.39mg (43.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.82%), Iron: 11.71mg (65.06%), Calcium: 309.16mg (30.92%), Phosphorus: 276.8mg (27.68%), Selenium: 17.2µg (24.58%), Vitamin B12: 1.26µg (21.02%), Zinc: 2.98mg (19.86%), Vitamin A: 912.99IU (18.26%), Vitamin B1: 0.26mg (17.15%), Vitamin B3: 2.53mg (12.63%), Vitamin B6: 0.25mg (12.39%), Vitamin B2: 0.2mg (11.76%), Vitamin K: 8.15µg (7.76%), Fiber: 1.73g (6.91%), Potassium: 226.63mg (6.48%), Magnesium: 25.51mg (6.38%), Vitamin B5: 0.54mg (5.38%), Manganese: 0.09mg (4.4%), Folate: 17.53µg (4.38%), Copper: 0.05mg (2.75%), Vitamin E: 0.34mg (2.23%), Vitamin C: 1.64mg (1.99%), Vitamin D: 0.2µg (1.31%)