



Beef Sliders Stuffed with Walnuts and Gorgonzola

READY IN



40 min.

SERVINGS



16

CALORIES



278 kcal

SIDE DISH

Ingredients

- 4 slices bacon finely chopped
- 2 cups button mushrooms finely chopped
- 16 small dinner rolls
- 1 eggs lightly beaten
- 4 ounces gorgonzola blue divided (or cheese)
- 1 pound ground beef 10% (fat)
- 1 teaspoon ground pepper black
- 1 teaspoon olive oil

- 1 teaspoon salt
- 0.5 cup shallots finely chopped
- 32 california walnut halves
- 1 teaspoon worcestershire sauce

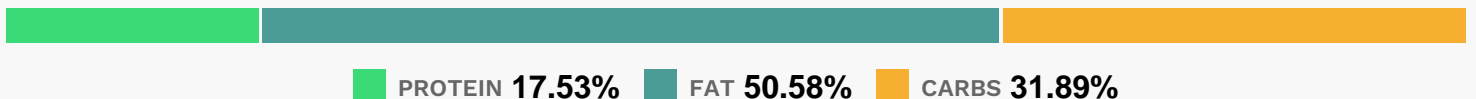
Equipment

- sauce pan
- mixing bowl
- grill

Directions

- Heat oil in a heavy saucepan over medium heat and saute bacon until just cooked but not crisp.
- Add shallots and cook until translucent.
- Add mushrooms and continue cooking until water evaporates, about 5 minutes.
- Transfer mixture to a large mixing bowl and let cool.
- Add salt, pepper, Worcestershire sauce and egg to mixture.
- Add beef and gently mix by hand until all ingredients are incorporated, without over-mixing.
- Divide mixture into 16 equal portions. Form into thick patties, about 1-1/2 inches thick and 2-1/2 inches in diameter, tucking a piece of cheese and 2 walnut halves into the centre of each patty.
- Grill patties on medium-high heat until cooked to preferred doneness.
- Serve in small dinner rolls or between baguette slices with desired condiments.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:11.036521776863%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 278.22kcal (13.91%), Fat: 15.77g (24.26%), Saturated Fat: 5.25g (32.82%), Carbohydrates: 22.37g (7.46%),
Net Carbohydrates: 20.08g (7.3%), Sugar: 1.71g (1.9%), Cholesterol: 39.3mg (13.1%), Sodium: 517.95mg (22.52%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.6%), Selenium: 22.83µg (32.61%), Manganese: 0.62mg
(31.24%), Vitamin B3: 3.74mg (18.7%), Vitamin B1: 0.24mg (16.33%), Phosphorus: 159.32mg (15.93%), Vitamin B2:
0.26mg (15.29%), Zinc: 2.08mg (13.86%), Iron: 2.47mg (13.72%), Calcium: 128.08mg (12.81%), Vitamin B12: 0.75µg
(12.5%), Vitamin B6: 0.22mg (10.76%), Folate: 40.15µg (10.04%), Copper: 0.2mg (9.99%), Fiber: 2.29g (9.16%),
Magnesium: 32.14mg (8.03%), Vitamin B5: 0.72mg (7.2%), Potassium: 244.01mg (6.97%), Vitamin E: 0.41mg (2.74%),
Vitamin K: 2.38µg (2.26%), Vitamin A: 73.04IU (1.46%), Vitamin C: 0.94mg (1.14%), Vitamin D: 0.16µg (1.1%)