



Burger Sliders

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 24 small dinner rolls
- ☐ 2 garlic clove minced
- ☐ 3 pounds ground beef lean
- ☐ 1 onion finely chopped
- ☐ 24 servings salt and pepper
- ☐ 2 tablespoons worcestershire sauce

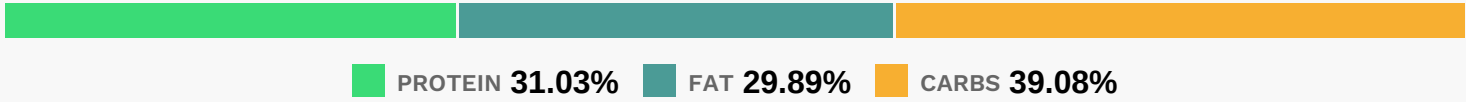
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ In a skillet, cook bacon until crisp.
- ☐ Remove bacon and drain on paper towels. Discard all but 2 Tbsp. bacon fat. Cook onion in bacon fat until translucent, about 3 minutes, then add garlic and cook 30 seconds longer.
- ☐ Remove mixture from pan and let cool. Crumble bacon when cool enough to handle.
- ☐ In a large bowl combine beef, bacon, onion mixture, Worcestershire sauce and salt and pepper, and mix well. Form into 24 small patties and chill.
- ☐ Preheat grill to medium; oil when hot. Cook burgers for about 7 minutes for medium rare, turning once halfway through.
- ☐ Serve burgers on rolls.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:11.093043328141%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 213.65kcal (10.68%), Fat: 7.01g (10.78%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 18.89g (6.87%), Sugar: 1.04g (1.15%), Cholesterol: 37.57mg (12.52%), Sodium: 499.45mg (21.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.73%), Selenium: 24.86µg (35.51%), Vitamin B3: 5.03mg (25.15%), Manganese: 0.46mg (22.83%), Zinc: 3.33mg (22.2%), Vitamin B12: 1.29µg (21.47%), Iron: 2.98mg (16.56%), Phosphorus: 164.83mg (16.48%), Vitamin B1: 0.22mg (14.88%), Vitamin B6: 0.27mg (13.66%), Vitamin B2: 0.22mg (12.65%), Calcium: 84.11mg (8.41%), Potassium: 271.96mg (7.77%), Folate: 29.63µg (7.41%),

Magnesium: 29.1mg (7.28%), Fiber: 1.72g (6.87%), Copper: 0.12mg (5.76%), Vitamin B5: 0.55mg (5.48%), Vitamin E: 0.33mg (2.21%), Vitamin K: 1.37µg (1.3%)