



Butcher's Cut Sliders

READY IN



58 min.

SERVINGS



4

CALORIES



499 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cheese blue crumbled
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon chives fresh chopped
- ☐ 12 ounces ground sirloin
- ☐ 1 teaspoon lower-sodium soy sauce
- ☐ 2 tablespoons canola mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 5 tablespoons red wine vinegar divided
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots thinly sliced
- ☐ 8 sourdough slider buns
- ☐ 1 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Combine 1/4 cup vinegar and sugar in a small bowl, stirring until sugar dissolves.
- ☐ Add shallots to vinegar mixture; toss. Cover and chill 30 minutes. Toss.
- ☐ Drain; set aside.
- ☐ Divide beef into 8 equal portions; gently shape each portion into a 1/4-inch-thick patty, taking care not to pack beef.
- ☐ Sprinkle both sides of patties evenly with salt and pepper.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 2 minutes on each side or until desired degree of doneness; do not press on patties as they cook.
- ☐ Combine remaining 1 tablespoon vinegar, oil, mustard, and soy sauce in a large bowl, stirring with a whisk.
- ☐ Add arugula and chives; toss gently to coat.
- ☐ Combine mayonnaise and cheese in a small bowl.
- ☐ Spread bottom half of each bun with about 2 teaspoons mayonnaise mixture. Top each slider with 1 patty, about 1/4 cup arugula mixture, 1 tablespoon pickled shallot, and 1 bun top.

Nutrition Facts



 **PROTEIN 19.37%**  **FAT 48.67%**  **CARBS 31.96%**

Properties

Glycemic Index:79.52, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:13.110000151655%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 498.77kcal (24.94%), Fat: 26.57g (40.88%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 35.56g (12.93%), Sugar: 8.57g (9.52%), Cholesterol: 67.1mg (22.37%), Sodium: 408.91mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.59%), Vitamin B12: 1.96µg (32.61%), Zinc: 4.23mg (28.19%), Vitamin K: 25.06µg (23.86%), Iron: 4.21mg (23.41%), Selenium: 15.65µg (22.36%), Vitamin B6: 0.42mg (21.03%), Vitamin B3: 4.15mg (20.75%), Phosphorus: 206.76mg (20.68%), Fiber: 3.7g (14.8%), Calcium: 133.48mg (13.35%), Potassium: 417.9mg (11.94%), Vitamin B2: 0.18mg (10.61%), Manganese: 0.16mg (7.92%), Vitamin B5: 0.76mg (7.55%), Vitamin E: 1.13mg (7.51%), Magnesium: 29.8mg (7.45%), Folate: 27.27µg (6.82%), Vitamin A: 282.3IU (5.65%), Copper: 0.1mg (4.99%), Vitamin C: 4.03mg (4.88%), Vitamin B1: 0.06mg (4.23%)