

Chorizo Sliders

READY IN



25 min.

SERVINGS



12

CALORIES



517 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados
- ☐ 12 servings bibb lettuce leaves for topping
- ☐ 12 brioche rolls split
- ☐ 1 small handful cilantro leaves fresh
- ☐ 1 large clove garlic grated
- ☐ 1.8 pounds ground pork
- ☐ 1 juice of lemon juiced
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup cup heavy whipping cream light

- ☐ 0.5 pound manchego cheese shredded
- ☐ 12 servings olive oil extra-virgin for drizzling
- ☐ 12 servings plum tomatoes sliced for topping
- ☐ 1 small onion red sliced for topping
- ☐ 0.5 pound chorizo spanish coarsely chopped
- ☐ 1 tablespoon paprika smoked sweet
- ☐ 0.3 cup worcestershire sauce

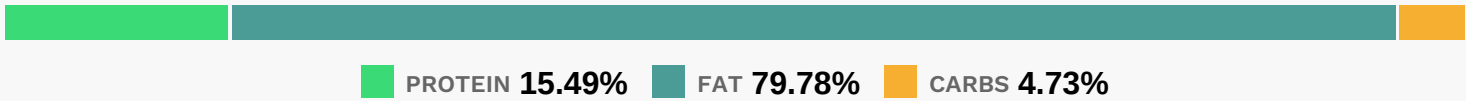
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a cast iron skillet or griddle over medium-high heat.
- ☐ Grind the chorizo in a food processor into very small crumbles.
- ☐ Place the ground chorizo and ground pork in a bowl and season with Worcestershire, smoked paprika, salt and pepper.
- ☐ Add a drizzle of extra-virgin olive oil to the meat mixture and combine. Form 12 patties that are thinner at the center than the edges. Cook the sliders 3 minutes per side. Pile shredded cheese onto the burgers for the last minute of cook time to melt.
- ☐ Meanwhile, place the avocados in a food processor.
- ☐ Add the lemon juice, garlic, cilantro, if desired, and cream, and process until very smooth and mayo-like in consistency.
- ☐ Serve the sliders on rolls topped with lettuce, tomato, onion, and avocado cream sauce.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:12.682608633586%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 516.52kcal (25.83%), Fat: 45.95g (70.69%), Saturated Fat: 15.38g (96.1%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 3.45g (1.26%), Sugar: 1.35g (1.5%), Cholesterol: 86.9mg (28.97%), Sodium: 236.42mg (10.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.14%), Vitamin B1: 0.52mg (34.69%), Selenium: 16.59µg (23.71%), Calcium: 230.95mg (23.09%), Vitamin E: 2.95mg (19.67%), Vitamin B6: 0.37mg (18.55%), Vitamin B3: 3.58mg (17.91%), Vitamin K: 18.46µg (17.58%), Phosphorus: 145.62mg (14.56%), Vitamin B2: 0.22mg (13.21%), Vitamin A: 640.68IU (12.81%), Potassium: 441.2mg (12.61%), Zinc: 1.74mg (11.63%), Fiber: 2.67g (10.7%), Vitamin B5: 0.96mg (9.56%), Iron: 1.7mg (9.47%), Folate: 34.74µg (8.68%), Vitamin C: 6.58mg (7.98%), Vitamin B12: 0.47µg (7.88%), Magnesium: 26.04mg (6.51%), Copper: 0.12mg (5.85%), Manganese: 0.1mg (4.85%)