



Elk Sliders With Pancetta Bacon and Smoked Mozzarella

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup breadcrumbs
- 8 servings cherry tomatoes
- 1 eggs
- 1 tablespoon garlic powder
- 1 pound ground elk meat
- 8 servings hawaiian rolls sweet
- 8 servings mozzarella cheese smoked
- 8 servings pancetta

- 8 servings salt and pepper
- 1 tablespoon steak sauce
- 2 tablespoons coarse mustard whole
- 1 tablespoon worcestershire sauce

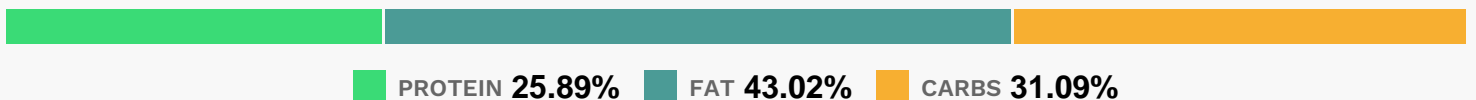
Equipment

- bowl
- grill
- measuring cup

Directions

- In a large bowl, add mustard, bread crumbs, egg, garlic powder, salt and pepper to ground elk meat.
- Mix all ingredients by hand and then form into small patties. Use a cup measuring cup to size how much meat to use when forming your patties.
- Place meat on tinfoil and press gently with your thumb creating a small indent in the center. This will help keep patties from shrinking when cooking. Pre-heat the barbecue to high temperature. I recommend leaving the elk burgers on the tinfoil while cooking on the BBQ. The elk meat is very lean and can have the tendency to dry out if overcooked. Cooking on tinfoil reduces the risk of overcooking. Cook 7 minutes or until brown and then flip patties. Continue cooking on other side until brown 7 minutes.
- Add smoked mozzarella cheese to the top of burgers during the last 2 minutes of cooking. Close lid and melt cheese. While cooking your burgers, place pancetta bacon slices on tinfoil and place on the barbeque for the last few minutes of cooking. Toast buns on grill.
- Place elk sliders on Hawaiian Sweet
- Rolls, top with a slice of pancetta bacon and a few cherry tomatoes and you are set! Enjoy!

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:18.047826086957%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 425.79kcal (21.29%), Fat: 20.33g (31.28%), Saturated Fat: 8.87g (55.42%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 31.15g (11.33%), Sugar: 9.26g (10.29%), Cholesterol: 99.04mg (33.01%), Sodium: 814.14mg (35.4%), Protein: 27.53g (55.06%), Vitamin C: 34.17mg (41.42%), Vitamin B12: 2.01µg (33.54%), Phosphorus: 314.53mg (31.45%), Zinc: 4.58mg (30.56%), Selenium: 19.48µg (27.83%), Vitamin B3: 5.11mg (25.56%), Vitamin B1: 0.32mg (21.17%), Vitamin B2: 0.36mg (21.04%), Iron: 3.75mg (20.84%), Vitamin B6: 0.4mg (20.09%), Calcium: 198.87mg (19.89%), Vitamin A: 957.75IU (19.16%), Potassium: 628.71mg (17.96%), Manganese: 0.33mg (16.66%), Copper: 0.26mg (12.97%), Folate: 43.25µg (10.81%), Magnesium: 42.71mg (10.68%), Vitamin B5: 1.03mg (10.3%), Vitamin E: 1.21mg (8.09%), Fiber: 1.92g (7.69%), Vitamin K: 5.82µg (5.54%), Vitamin D: 0.28µg (1.85%)