

Favorite Hamburger Bites

READY IN



40 min.

SERVINGS



12

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce dill pickle drained
- 16 ounce dinner rolls
- 0.5 cup dehydrated onion dried minced
- 1 ounce onion soup mix dry
- 1 pound ground beef
- 0.8 cup mayonnaise
- 1 cup cheddar cheese shredded

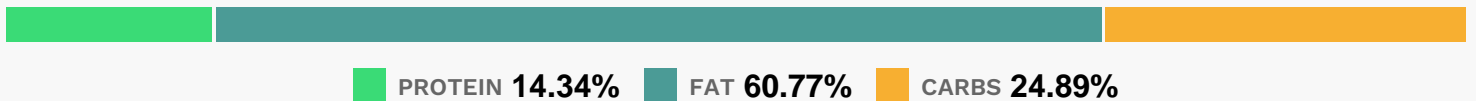
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a medium baking sheet with aluminum foil.
- In a medium skillet over medium high heat, stir together ground beef, dry onion soup mix and dry minced onion. Cook until beef is evenly brown.
- Remove from heat, drain and stir in mayonnaise and Cheddar cheese.
- Slice tops off the dinner rolls. Arrange the rolls on the baking sheet. Spoon some of the ground beef mixture onto each roll.
- Garnish with pickle slices.
- Place tops back on rolls.
- Tightly wrap the baking sheet with aluminum foil.
- Bake in the preheated oven 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:11.81913041291%

Nutrients (% of daily need)

Calories: 352.42kcal (17.62%), Fat: 23.8g (36.61%), Saturated Fat: 6.95g (43.42%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 19.75g (7.18%), Sugar: 2.19g (2.44%), Cholesterol: 42.13mg (14.04%), Sodium: 869.52mg (37.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.27%), Selenium: 21.37µg (30.52%), Vitamin K: 31.22µg (29.73%), Manganese: 0.46mg (22.91%), Calcium: 170.81mg (17.08%), Phosphorus: 163.21mg (16.32%), Vitamin B3: 3.24mg (16.2%), Zinc: 2.4mg (15.99%), Vitamin B12: 0.93µg (15.43%), Vitamin B1: 0.22mg (14.67%), Vitamin B2: 0.23mg (13.75%), Iron: 2.27mg (12.62%), Vitamin B6: 0.22mg (11.12%), Fiber: 2.18g (8.74%), Folate: 34.9µg (8.73%), Magnesium: 28.93mg (7.23%), Potassium: 252.79mg (7.22%), Vitamin E: 0.87mg (5.82%), Copper: 0.11mg (5.67%), Vitamin B5: 0.46mg (4.62%), Vitamin A: 173.4IU (3.47%), Vitamin C: 2.62mg (3.18%)