



French Onion Sliders

READY IN



30 min.

SERVINGS



12

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices cheese cut into quarters (squares)
- 10.5 ounce campbell's® condensed onion soup french canned
- 1 pound ground beef
- 15 ounce sandwich rolls white mini pepperidge farms® (or Wheat)

Equipment

- frying pan

Directions

- Shape the beef into 12 (2 1/2-inch) mini burgers.
- Heat a 10-inch skillet over medium-high heat.
- Add the burgers and cook until well browned on both sides.
- Remove the burgers from the skillet.
- Pour off any fat.
- Stir the soup in the skillet and heat to a boil. Return the burgers to the skillet. Reduce the heat to low. Cover and cook until the burgers are cooked through. Top the burgers with the cheese and cook until the cheese is melted. Just before serving, place the burgers on the buns and top each with 1 tablespoon soup mixture.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:8.1082608855289%

Nutrients (% of daily need)

Calories: 237.33kcal (11.87%), Fat: 11.76g (18.09%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 19.01g (6.91%), Sugar: 1.44g (1.6%), Cholesterol: 34.83mg (11.61%), Sodium: 391.88mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.05%), Selenium: 21.51µg (30.72%), Vitamin B3: 3.1mg (15.52%), Vitamin B12: 0.88µg (14.72%), Zinc: 2.17mg (14.47%), Phosphorus: 127.22mg (12.72%), Vitamin B1: 0.19mg (12.51%), Vitamin B2: 0.21mg (12.11%), Iron: 1.91mg (10.59%), Folate: 37.78µg (9.45%), Calcium: 93.93mg (9.39%), Manganese: 0.17mg (8.37%), Potassium: 255.86mg (7.31%), Vitamin B6: 0.14mg (6.97%), Magnesium: 17.88mg (4.47%), Copper: 0.08mg (4.16%), Fiber: 1.01g (4.05%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.36mg (2.38%), Vitamin A: 70.14IU (1.4%), Vitamin K: 1.06µg (1.01%)