



Grilled Bruschetta Sliders

READY IN



35 min.

SERVINGS



8

CALORIES



357 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup canned tomatoes fire roasted organic crushed (from 14.5-oz can)
- 2 tablespoons basil fresh chopped
- 1 lb ground beef 80% lean (at least)
- 1 teaspoon seasoning italian
- 8 slices mozzarella fresh
- 8 hawaiian rolls split mini ()

Equipment

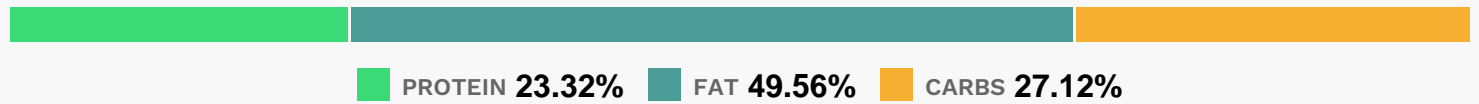
- bowl

- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In small bowl, toss tomatoes and basil; cover and refrigerate.
- In medium bowl, mix ground beef and Italian seasoning. Shape into 8 equal patties.
- Place patties in grill basket; place on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- Place patties on bottom halves of buns. Top each with slice of cheese and spoonful of tomato mixture. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:13.05, Inflammation Score:-4, Nutrition Score:12.718260697697%

Nutrients (% of daily need)

Calories: 357.24kcal (17.86%), Fat: 19.37g (29.8%), Saturated Fat: 8.44g (52.77%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 22.71g (8.26%), Sugar: 4.18g (4.65%), Cholesterol: 62.64mg (20.88%), Sodium: 478.19mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.01%), Selenium: 25.03µg (35.76%), Vitamin B12: 1.95µg (32.42%), Zinc: 3.52mg (23.48%), Phosphorus: 233.96mg (23.4%), Calcium: 229.84mg (22.98%), Vitamin B3: 4.24mg (21.2%), Vitamin B1: 0.27mg (17.8%), Vitamin B2: 0.29mg (17.27%), Iron: 2.98mg (16.57%), Manganese: 0.27mg (13.51%), Folate: 47.3µg (11.83%), Vitamin B6: 0.22mg (11.2%), Vitamin A: 352.59IU (7.05%), Vitamin K: 7.37µg (7.01%), Potassium: 231.71mg (6.62%), Magnesium: 26.19mg (6.55%), Fiber: 1.14g (4.55%), Copper: 0.09mg (4.4%), Vitamin B5: 0.33mg (3.28%), Vitamin E: 0.45mg (3.01%), Vitamin C: 1.24mg (1.5%), Vitamin D: 0.17µg (1.13%)