



## Grilled Mediterranean Sliders

READY IN



35 min.

SERVINGS



8

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 oz feta cheese crumbled
- 0.3 cup olives ripe sliced
- 0.3 cup balsamic vinaigrette salad dressing
- 1 lb ground beef 80% lean (at least )
- 1 teaspoon oregano dried
- 8 hawaiian rolls split mini ( )
- 1 serving water

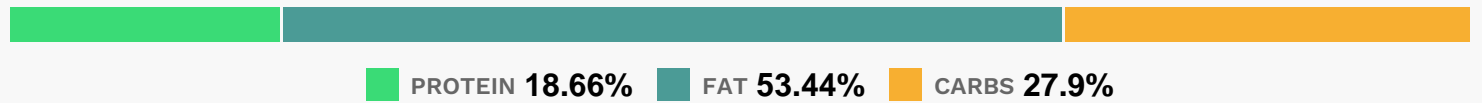
### Equipment

- bowl
- grill
- kitchen thermometer

## Directions

- Heat gas or charcoal grill. In small bowl, mix 1/4 cup of the cheese, the olives and vinaigrette dressing; cover and refrigerate.
- In medium bowl, mix ground beef, oregano and remaining 1/4 cup of cheese. 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 small spoonful of cheese mixture.
- Spread spoonful of hummus on top half of each bun; arrange bun halves over cheese mixture.

## Nutrition Facts



## Properties

Glycemic Index:14.69, Glycemic Load:13.02, Inflammation Score:-4, Nutrition Score:11.306956591813%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 330.43kcal (16.52%), Fat: 19.45g (29.92%), Saturated Fat: 6.51g (40.66%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 21.62g (7.86%), Sugar: 3.36g (3.73%), Cholesterol: 46.56mg (15.52%), Sodium: 410.42mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.57%), Selenium: 21.53µg (30.76%), Vitamin B12: 1.42µg (23.65%), Vitamin B3: 4.31mg (21.53%), Zinc: 2.96mg (19.74%), Vitamin B1: 0.28mg (18.43%), Phosphorus: 163.6mg (16.36%), Vitamin B2: 0.28mg (16.19%), Iron: 2.82mg (15.66%), Manganese: 0.28mg (14.25%), Folate: 50.28µg (12.57%), Vitamin B6: 0.25mg (12.56%), Vitamin K: 12.54µg (11.95%), Calcium: 114.58mg (11.46%), Potassium: 223.47mg (6.38%), Vitamin E: 0.93mg (6.19%), Magnesium: 24.5mg (6.12%), Copper: 0.11mg (5.44%), Fiber: 1.23g (4.92%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 52.22IU (1.04%)