



## Grilled Mediterranean Sliders

READY IN



35 min.

SERVINGS



8

CALORIES



371 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

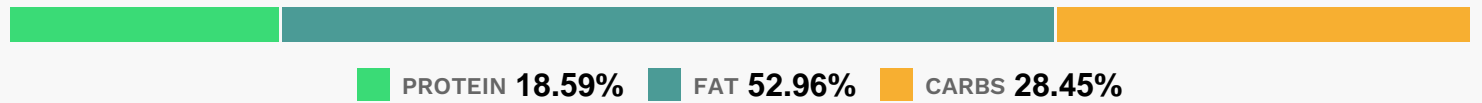
### Equipment

- 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 160F.
- 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:13.5, Inflammation Score:-5, Nutrition Score:13.602608691091%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 371.1kcal (18.56%), Fat: 21.8g (33.54%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 23.65g (8.6%), Sugar: 3.36g (3.73%), Cholesterol: 46.56mg (15.52%), Sodium: 503.28mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Selenium: 22.17µg (31.67%), Manganese: 0.47mg (23.72%), Vitamin B12: 1.42µg (23.65%), Zinc: 3.41mg (22.73%), Vitamin B3: 4.45mg (22.24%), Vitamin B1: 0.32mg (21.37%), Phosphorus: 206.72mg (20.67%), Iron: 3.42mg (18.98%), Folate: 70.62µg (17.65%), Vitamin B2: 0.29mg (17.12%), Vitamin B6: 0.3mg (15.01%), Calcium: 123.89mg (12.39%), Vitamin K: 12.54µg (11.95%), Copper: 0.24mg (11.9%), Fiber: 2.7g (10.8%), Magnesium: 41.89mg (10.47%), Potassium: 279.33mg (7.98%), Vitamin E: 0.93mg (6.19%), Vitamin B5: 0.39mg (3.93%), Vitamin A: 59.57IU (1.19%)