



Grilled Memphis-Style Sliders

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1.5 tablespoons onion soup mix dry french ()
- ☐ 8 hawaiian rolls split mini ()
- ☐ 2 cups coleslaw mix (from deli)
- ☐ 1 serving barbecue sauce

Equipment

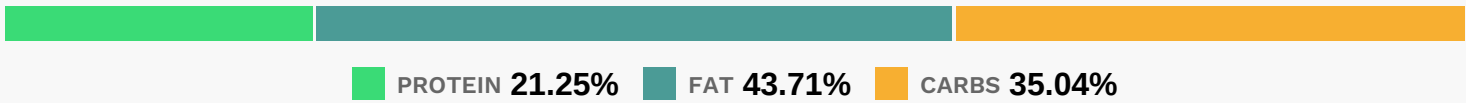
- ☐ bowl
- ☐ grill

☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix ground beef and dry soup mix. 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 immediately with 1/4 cup coleslaw and spoonful of barbecue sauce. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:13.13, Inflammation Score:-2, Nutrition Score:10.896086962327%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 272.7kcal (13.63%), Fat: 13.04g (20.07%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 22.22g (8.08%), Sugar: 3.8g (4.22%), Cholesterol: 40.26mg (13.42%), Sodium: 367.78mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.53%), Selenium: 20.33µg (29.04%), Vitamin B12: 1.3µg (21.66%), Vitamin B3: 4.26mg (21.28%), Zinc: 2.73mg (18.21%), Vitamin B1: 0.27mg (18.17%), Vitamin K: 16.41µg (15.63%), Iron: 2.68mg (14.86%), Phosphorus: 140.56mg (14.06%), Manganese: 0.28mg (14.05%), Vitamin B2: 0.22mg (13.09%), Folate: 51.92µg (12.98%), Vitamin B6: 0.24mg (12.01%), Vitamin C: 7.01mg (8.5%), Calcium: 81.18mg (8.12%), Potassium: 245.73mg (7.02%), Magnesium: 22.49mg (5.62%), Fiber: 1.31g (5.22%), Copper: 0.09mg (4.49%), Vitamin B5: 0.33mg (3.34%), Vitamin E: 0.38mg (2.52%)