



Ground Sirloin Sliders

READY IN



13 min.

SERVINGS



6

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 2 ounces cheddar cheese extra-sharp thinly sliced
- 24 small dill pickle
- 12 dinner rolls miniature
- 0.8 pound ground sirloin lean
- 1 tablespoon worcestershire sauce

Equipment

- grill

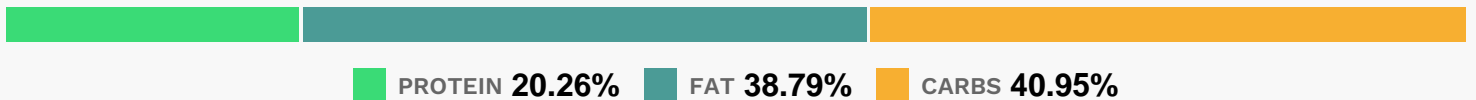
kitchen thermometer

grill pan

Directions

- Remove some of the fluffy center from the buns so that they will sit well on top of burgers; set aside.
- Combine sirloin with Worcestershire and pepper, and form into 12 (2-inch) flat patties.
- Preheat a lightly oiled grill pan over moderate heat until hot but not smoking. Cook burgers over moderate heat, turning, and evenly top with cheese, about 2 minutes per side for medium or until cheese is melted. (Use a meat thermometer to check that burgers have reached 160.)
- Transfer the burgers to a plate, and grill the buns, cut sides down, 1-2 minutes or until toasted.
- Sandwich burgers between buns with about 2 pickles per slider.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:17.453043455663%

Nutrients (% of daily need)

Calories: 401.2kcal (20.06%), Fat: 17.26g (26.56%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 41g (13.67%), Net Carbohydrates: 37.41g (13.6%), Sugar: 2.08g (2.31%), Cholesterol: 48.01mg (16%), Sodium: 812.97mg (35.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Selenium: 40.04µg (57.19%), Manganese: 0.92mg (46.04%), Vitamin B3: 6.19mg (30.97%), Vitamin B1: 0.41mg (27.62%), Iron: 4.48mg (24.91%), Zinc: 3.7mg (24.66%), Calcium: 245.57mg (24.56%), Phosphorus: 236.12mg (23.61%), Vitamin B2: 0.38mg (22.5%), Vitamin B12: 1.33µg (22.18%), Folate: 59.48µg (14.87%), Fiber: 3.59g (14.36%), Vitamin B6: 0.28mg (13.9%), Magnesium: 46.33mg (11.58%), Potassium: 329.68mg (9.42%), Copper: 0.19mg (9.26%), Vitamin K: 8.29µg (7.9%), Vitamin B5: 0.68mg (6.8%), Vitamin E: 0.63mg (4.19%), Vitamin A: 149.08IU (2.98%), Vitamin C: 0.96mg (1.16%)