



Hotter-Than-Hell Sliders

READY IN



10 min.

SERVINGS



1

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce processed cheese food
- ☐ 2 ounces ground beef
- ☐ 1 hawaiian rolls halved
- ☐ 1 ounce hot sauce your favorite
- ☐ 0.5 ounce jalapeño fresh sliced
- ☐ 1 serving salt and pepper black freshly ground
- ☐ 0.5 ounce onion fresh white sliced

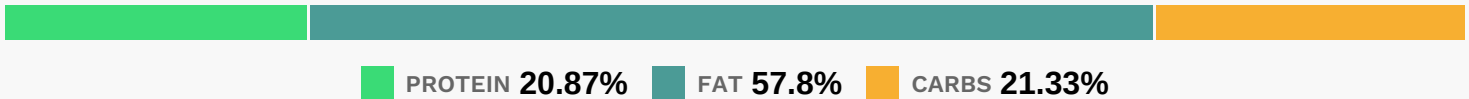
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Make a loose ball out of the ground chuck.
- ☐ Place the ball of meat in a hot saute pan over medium-high heat and flatten with a metal spatula to 1/4-inch thickness.
- ☐ Sprinkle with salt and pepper. While the meat is cooking, add the jalapeno and onion to the saute pan. Flip the burger, top with the cheese and melt (total cook time on meat is 3 to 4 minutes).
- ☐ Place the roll cut-side down in the saute pan to toast.
- ☐ Place the toasted roll toasted-side up on a plate.
- ☐ Place 1/2 ounce hot sauce on the toasted part of the bun.
- ☐ Place the burger on top of the sauce.
- ☐ Place the remaining 1/2 ounce hot sauce over the cheese.
- ☐ Place the sauteed jalapeno and onion over the hot sauce.
- ☐ Place the toasted top of the bun on the burger.
- ☐ Bon Appetit!!

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:12.311304227166%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 351.38kcal (17.57%), Fat: 22.51g (34.63%), Saturated Fat: 10.49g (65.58%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17.95g (6.53%), Sugar: 6.14g (6.82%), Cholesterol: 78.41mg (26.14%), Sodium: 1346mg (58.52%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.57%), Vitamin C: 39.07mg (47.35%), Calcium: 314.13mg (31.41%), Phosphorus: 282.38mg (28.24%), Vitamin B12: 1.64µg (27.31%), Zinc: 3.15mg (21.01%), Selenium: 14.36µg (20.52%), Vitamin B6: 0.32mg (15.98%), Vitamin B3: 2.69mg (13.45%), Vitamin B2: 0.19mg (11.03%), Vitamin A: 467.46IU (9.35%), Iron: 1.49mg (8.28%), Potassium: 288.51mg (8.24%), Vitamin E: 1mg (6.7%), Magnesium: 22.14mg (5.54%), Vitamin K: 5.28µg (5.03%), Vitamin B5: 0.49mg (4.94%), Manganese: 0.08mg (3.8%), Folate: 14.48µg (3.62%), Copper: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.41%), Fiber: 0.75g (2.99%), Vitamin D: 0.23µg (1.51%)