



Kenny Shopsin's Sliders

READY IN



45 min.

SERVINGS



1

CALORIES



827 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 slices processed cheese food
- ☐ 1 serving butter for the rolls
- ☐ 3 dinner rolls or any soft rolls the size of parker house rolls, cut in half but leaving them attached to one another if possible
- ☐ 5 ounces goat meat chopped (20 to 30 percent fat)
- ☐ 1 onion yellow spanish thinly sliced
- ☐ 1 serving salt

Equipment

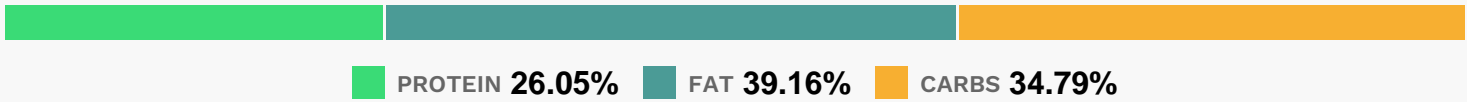
- ☐ frying pan

- ☐ pot
- ☐ spatula

Directions

- ☐ Fry the onion slices until they're brown and crispy (Kenny slices them very thin and throws them in a pot of hot oil until they are charred).
- ☐ Divide the meat into three equal-sized balls. Preheat a griddle or large cast-iron skillet over high heat until it is searing hot.
- ☐ Place the balls of meat on the griddle or in the pan and press them down with a heavy spatula or bacon weight to form patties about 1/2 inch thick. Season them with salt.
- ☐ Place a bacon weight or heavy lid on top of the patties to keep them smashed down and cook about 2 minutes per side, until they are cooked through.
- ☐ Meanwhile, butter the insides of the rolls and toast them in whatever way is most convenient for you.
- ☐ Place the patties so they are all in a row, butting up against one another.
- ☐ Put the fried onions on the patties, and then top each patty with one slice of the cheese. On top of the cheese, place the tops of the buns and on top of the tops, the toasted bottoms. Then, on top of everything, place your bacon weight or a lid and cook for 1 minute to melt the cheese and steam the bun.
- ☐ To serve, place the bun bottoms on a plate. Carefully slide your spatula under the three patties to lift them up in one piece and place them on top of the bottom buns.
- ☐ Serve at once.
- ☐ Related Shopsin's General Store, for the Best Sliders in New York City

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:2.9, Inflammation Score:-8, Nutrition Score:38.388695820518%

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 Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 827.34kcal (41.37%), Fat: 35.99g (55.37%), Saturated Fat: 16.73g (104.57%), Carbohydrates: 71.95g (23.98%), Net Carbohydrates: 65.18g (23.7%), Sugar: 8.19g (9.1%), Cholesterol: 164.47mg (54.82%), Sodium: 2123.46mg (92.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.86g (107.72%), Selenium: 101.26µg (144.65%), Vitamin B3: 20.21mg (101.06%), Calcium: 919.1mg (91.91%), Phosphorus: 868.76mg (86.88%), Manganese: 1.51mg (75.46%), Vitamin B6: 1.33mg (66.29%), Vitamin B1: 0.71mg (47.31%), Vitamin B2: 0.67mg (39.57%), Iron: 5.73mg (31.86%), Vitamin B5: 2.88mg (28.84%), Magnesium: 110.78mg (27.69%), Folate: 109.16µg (27.29%), Fiber: 6.77g (27.09%), Potassium: 917.82mg (26.22%), Zinc: 3.74mg (24.96%), Vitamin B12: 1.24µg (20.62%), Vitamin A: 765.02IU (15.3%), Copper: 0.3mg (15.19%), Vitamin C: 9.84mg (11.93%), Vitamin E: 1.38mg (9.17%), Vitamin K: 6.19µg (5.9%), Vitamin D: 0.52µg (3.46%)