



Kobe Sliders

READY IN



70 min.

SERVINGS



12

CALORIES



908 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons bourbon
- 12 burger buns mini
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic salt
- 3 pounds ground kobe beef
- 12 servings kosher salt and pepper freshly ground
- 2 tablespoons juice of lime fresh
- 12 lime wedges
- 2 cups mayonnaise

- 2 tablespoons olive oil extra-virgin
- 2 jumbo onions sweet thinly sliced
- 3 tablespoons jalapeño peppers
- 12 servings sea salt and pepper freshly ground
- 2 tablespoons sugar
- 1 tablespoon tequila
- 3 tablespoons butter unsalted
- 12 servings butter unsalted softened for brushing
- 12 servings vegetable oil for the grill

Equipment

- food processor
- frying pan
- wooden spoon
- grill
- skewers

Directions

- Heat the olive oil in a large skillet over medium-high heat until almost smoking.
- Add the onions and stir to coat. Reduce the heat to low and cook until the onions are golden, about 30 minutes.
- Remove from the heat and add the bourbon, scraping up any browned bits with a wooden spoon. Return to low heat, add the butter and cook until melted.
- Add the sugar, and salt and pepper to taste, and cook until there is very little liquid left.
- Meanwhile, make the aioli: Pulse all of the ingredients in a food processor until combined. Cover and refrigerate until ready to use.
- Make the sliders: Preheat a grill to medium high. Form the beef into twelve 4-ounce patties, about 1/2 inch thick. Oil the grill rack, then add the patties and season with the garlic salt, and sea salt and pepper to taste. Grill until browned and cooked halfway through, 3 to 4 minutes. Flip, top with some of the caramelized onions and cook 3 more minutes for medium (or to

desired doneness).

- Meanwhile, brush the insides of the buns with butter and toast on the grill, about 1 minute.
- Brush the insides of the bun tops with about 1 tablespoon aioli.
- Put the burgers on the bun bottoms and cover with the tops. Thread each lime wedge onto a skewer; pierce the skewers through the sliders.

Nutrition Facts

PROTEIN 10.98% **FAT 75.62%** **CARBS 13.4%**

Properties

Glycemic Index:23.01, Glycemic Load:14.82, Inflammation Score:-6, Nutrition Score:21.208695826323%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 907.99kcal (45.4%), Fat: 75.63g (116.35%), Saturated Fat: 20.26g (126.63%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 28.29g (10.29%), Sugar: 8.52g (9.46%), Cholesterol: 114.47mg (38.16%), Sodium: 1154.62mg (50.2%), Alcohol: 1.25g (100%), Alcohol %: 0.52% (100%), Protein: 24.71g (49.42%), Vitamin K: 94.35µg (89.86%), Selenium: 30.03µg (42.89%), Vitamin B12: 2.57µg (42.87%), Zinc: 5.22mg (34.83%), Vitamin B3: 6.72mg (33.61%), Phosphorus: 251.72mg (25.17%), Vitamin B6: 0.48mg (24.11%), Vitamin E: 3.57mg (23.77%), Iron: 4.08mg (22.69%), Vitamin B1: 0.32mg (21.11%), Vitamin B2: 0.32mg (18.97%), Folate: 65.41µg (16.35%), Manganese: 0.3mg (15.12%), Potassium: 461.89mg (13.2%), Vitamin C: 9.53mg (11.56%), Calcium: 105.88mg (10.59%), Magnesium: 36.43mg (9.11%), Copper: 0.17mg (8.68%), Vitamin B5: 0.75mg (7.51%), Fiber: 1.86g (7.44%), Vitamin A: 312.91IU (6.26%), Vitamin D: 0.32µg (2.1%)