



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

- ☐ 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.

PROTEIN 10.98% FAT 75.62% CARBS 13.4%

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

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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%)