



Lamb Sliders with Blue Cheese

READY IN



38 min.

SERVINGS



4

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 0.8 teaspoon brown sugar
- ☐ 13 ounces lamb lean
- ☐ 1.3 teaspoons olive oil
- ☐ 1.7 cups onion thinly sliced (1 large)
- ☐ 0.4 teaspoon salt divided
- ☐ 1.3 ounce sandwich buns mini (such as Pepperidge Farm)

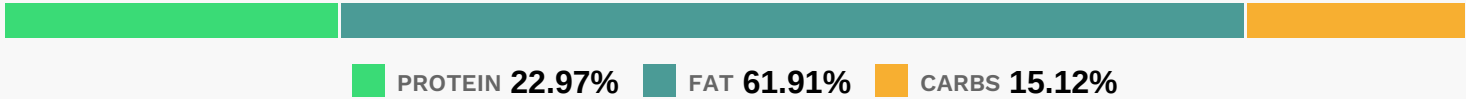
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and sugar to pan; cook 10 minutes, stirring frequently. Stir in 1/8 teaspoon salt. Reduce heat; cook 8 minutes or until tender and browned, stirring occasionally. Keep warm.
- ☐ Preheat broiler.
- ☐ Combine remaining 1/4 teaspoon salt, pepper, and lamb in a large bowl. Divide lamb mixture into 8 equal portions; shape each into a 1/2-inch-thick patty.
- ☐ Place patties on the rack of a broiler pan coated with cooking spray; place rack in pan. Broil 6 minutes, turning once after 3 minutes.
- ☐ Remove from oven; let stand 3 minutes.
- ☐ Broil buns, cut sides up, 2 minutes or until lightly toasted.
- ☐ Place patties on bottom halves of buns; top each patty with about 1 1/2 tablespoons caramelized onion and about 3/4 teaspoon blue cheese. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:3.5743478222386%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg,

Isorhamnetin: 3.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.53mg, Quercetin:
13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg

Nutrients (% of daily need)

Calories: 315.18kcal (15.76%), Fat: 21.8g (33.54%), Saturated Fat: 10.06g (62.86%), Carbohydrates: 11.98g (3.99%),
Net Carbohydrates: 10.6g (3.86%), Sugar: 3.74g (4.15%), Cholesterol: 69.88mg (23.29%), Sodium: 382.26mg
(16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.4%), Iron: 1.78mg (9.88%), Manganese:
0.15mg (7.28%), Selenium: 4.46µg (6.37%), Vitamin C: 4.93mg (5.98%), Folate: 22.71µg (5.68%), Fiber: 1.38g (5.51%),
Calcium: 52.18mg (5.22%), Vitamin B1: 0.08mg (5.06%), Vitamin B6: 0.09mg (4.49%), Phosphorus: 42.32mg
(4.23%), Vitamin B2: 0.06mg (3.68%), Potassium: 118.96mg (3.4%), Magnesium: 10.25mg (2.56%), Vitamin B3:
0.51mg (2.53%), Copper: 0.04mg (2.23%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.24mg
(1.61%), Vitamin K: 1.36µg (1.3%)