



Mediterranean Bison Sliders

READY IN



45 min.

SERVINGS



12

CALORIES



1018 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pound ground beef
- ☐ 0.3 cup almonds chopped
- ☐ 0.5 cup rice uncooked
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 24 small brioche hamburger buns ()
- ☐ 2 teaspoons coarse salt
- ☐ 0.3 cup flat parsley divided chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 cups tomatoes low-sodium

- ☐ 3 tablespoons mint leaves whole divided chopped for garnish
- ☐ 3 tablespoons olive oil divided
- ☐ 1 cup yogurt plain
- ☐ 0.3 cup raisins chopped
- ☐ 1 saffron threads

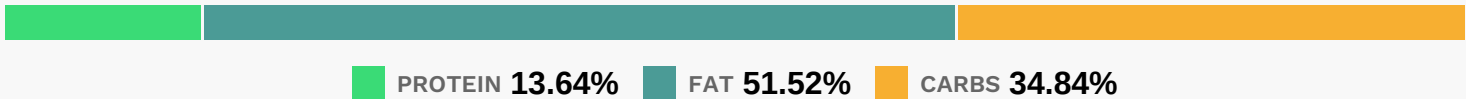
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 450°F. Cook rice as directed on package. In a small skillet over low heat, toast almonds until golden, 8 minutes. In a bowl using hands, mix bison, rice, almonds, raisins, 1/4 cup parsley, 2 tablespoons mint, salt and pepper. Form into 24 balls, 1 1/2 inches each. Grease a 9" x 13" baking dish with 2 tablespoons olive oil; arrange meatballs in dish, touching.
- ☐ Bake until firm and slightly pink in center, 15 minutes. In a bowl, combine yogurt, lemon juice, 1 tablespoon water, remaining 1 tablespoon olive oil, parsley, mint; saffron (if desired), and salt and pepper to taste. In a microwave-safe bowl, heat marinara sauce. Top each brioche bun with 2 tablespoons marinara sauce, meatball, 1/2 tablespoon yogurt sauce and a mint leaf.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:5.55, Inflammation Score:-7, Nutrition Score:13.741739148679%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin:

0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1018.36kcal (50.92%), Fat: 58.8g (90.46%), Saturated Fat: 28.13g (175.81%), Carbohydrates: 89.49g (29.83%), Net Carbohydrates: 88.2g (32.07%), Sugar: 2.83g (3.14%), Cholesterol: 341.36mg (113.79%), Sodium: 1369.31mg (59.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.03%), Vitamin A: 1732.41IU (34.65%), Vitamin B12: 1.74µg (29.04%), Zinc: 3.64mg (24.25%), Vitamin K: 24.91µg (23.72%), Iron: 3.88mg (21.54%), Selenium: 13.57µg (19.38%), Vitamin B3: 3.83mg (19.14%), Phosphorus: 186.98mg (18.7%), Calcium: 170.65mg (17.07%), Vitamin B6: 0.31mg (15.53%), Vitamin E: 2.04mg (13.58%), Vitamin B2: 0.23mg (13.38%), Potassium: 418.12mg (11.95%), Manganese: 0.22mg (11.15%), Magnesium: 33.93mg (8.48%), Copper: 0.15mg (7.39%), Vitamin B5: 0.71mg (7.09%), Vitamin C: 4.88mg (5.91%), Fiber: 1.29g (5.15%), Vitamin B1: 0.07mg (4.46%), Folate: 16.02µg (4%)