



Mini Burgers

READY IN



27 min.

SERVINGS



8

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 1 large eggs with 1 teaspoon water beaten
- 1 tablespoon olive oil extra virgin
- 8 ounces ground beef
- 2 teaspoons catsup
- 1 sheet puff pastry (from a 17.5-ounce package)
- 0.3 teaspoon salt
- 0.5 cup cheddar shredded

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 400 degrees F. Line a rimmed baking sheet with parchment paper; set aside.
- In a large bowl, mix together the beef, ketchup, mustard, salt, and pepper. Form the mixture into 8 equal-size patties. In a large skillet, over medium-high heat, brown the patties for 1 to 2 minutes.
- On a lightly floured surface, unfold the pastry and roll out.
- Cut the pastry lengthwise into 4 equal strips, then cut strips in 1/2 crosswise.
- Place 1 patty on each strip and top with cheese. Fold the pastry up around the burgers and pinch the edges together to seal, molding to fit around the patties.
- Brush the tops of the pastries with the egg mixture.
- Place the mini burgers on the prepared baking sheet.
- Bake for 12 to 15 minutes or until puffed and golden.
- Let stand for 5 minutes before serving.

Nutrition Facts

 PROTEIN **12.3%**  FAT **67.57%**  CARBS **20.13%**

Properties

Glycemic Index:18.38, Glycemic Load:7.54, Inflammation Score:-2, Nutrition Score:6.2273912601497%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 287.22kcal (14.36%), Fat: 21.53g (33.13%), Saturated Fat: 6.73g (42.06%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 13.9g (5.05%), Sugar: 0.53g (0.59%), Cholesterol: 27.19mg (9.06%), Sodium: 239.37mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Selenium: 14.1µg (20.14%), Vitamin B3: 2.5mg (12.52%), Vitamin B12: 0.68µg (11.36%), Zinc: 1.62mg (10.79%), Phosphorus: 97.29mg (9.73%), Vitamin B2: 0.16mg (9.58%), Vitamin B1: 0.14mg (9.25%), Manganese: 0.17mg (8.38%), Iron: 1.39mg (7.7%), Folate: 27.57µg (6.89%), Vitamin K: 6.82µg (6.5%), Calcium: 59.49mg (5.95%), Vitamin B6: 0.11mg (5.29%), Vitamin E: 0.61mg (4.07%), Magnesium: 12.52mg (3.13%), Potassium: 106.91mg (3.05%), Copper: 0.06mg (2.89%), Fiber: 0.53g (2.13%), Vitamin B5: 0.18mg (1.77%), Vitamin A: 78.71IU (1.57%)