



Mini Cajun Burgers With Easy Rémoulade

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons cajun spice
- ☐ 14 oz dinner rolls split
- ☐ 1 leaf lettuce green
- ☐ 1.3 pounds ground beef
- ☐ 0.5 pound spicy cajun sausage finely chopped
- ☐ 20 servings easy rémoulade
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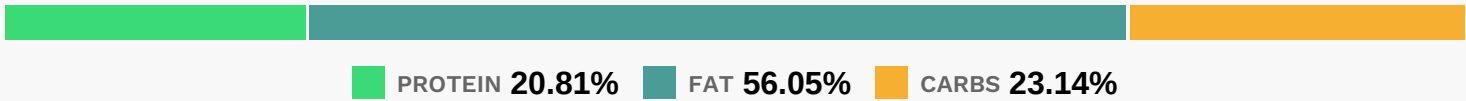
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Combine ground beef and sausage in a large bowl. Shape mixture into 12 (2 1/2-inch) patties, and place on a large baking sheet.
- ☐ Sprinkle patties evenly with Cajun seasoning. Cover and chill up to 1 day, if desired.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F)
- ☐ 5 to 7 minutes on each side or until no longer pink in center.
- ☐ Serve on split rolls with green leaf lettuce and Easy Rmoulade.
- ☐ Easy Rmoulade: Stir together 3/4 cup light mayonnaise, 2 Tbsp. Creole mustard, and 2 Tbsp. chopped fresh parsley. Cover and chill 30 minutes or up to 3 days. Makes 1 cup. Prep: 5 min., Chill: 30 min.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.6730434888083%

Flavonoids

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

Nutrients (% of daily need)

Calories: 161.28kcal (8.06%), Fat: 9.95g (15.32%), Saturated Fat: 3.47g (21.72%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 8.42g (3.06%), Sugar: 0.35g (0.39%), Cholesterol: 28.29mg (9.43%), Sodium: 195.28mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.63%), Selenium: 10.81µg (15.45%), Vitamin B3: 2.56mg (12.8%), Vitamin B12: 0.7µg (11.72%), Zinc: 1.62mg (10.79%), Manganese: 0.21mg (10.5%), Vitamin B1: 0.13mg (8.68%), Phosphorus: 81.45mg (8.14%), Iron: 1.42mg (7.91%), Vitamin B6: 0.15mg (7.29%), Vitamin B2: 0.11mg (6.62%), Calcium: 41.58mg (4.16%), Potassium: 132.61mg (3.79%), Folate: 14.22µg (3.55%), Magnesium: 13.94mg (3.48%), Fiber: 0.83g (3.31%), Vitamin B5: 0.3mg (2.96%), Copper: 0.06mg (2.8%), Vitamin A: 109.02IU (2.18%), Vitamin E: 0.27mg (1.79%), Vitamin K: 1.35µg (1.28%), Vitamin D: 0.18µg (1.17%)