



Mini-Hamburgers with Shallot-Dijon Spread

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 16 dill pickle chips
- ☐ 8 ounce classic dinner rolls
- ☐ 1 pound ground sirloin
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons shallots finely chopped
- ☐ 1 tablespoon worcestershire sauce

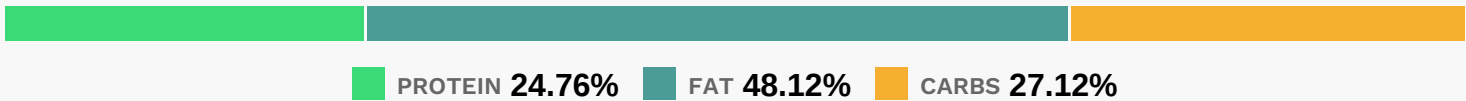
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 3 ingredients in a bowl. Divide meat mixture into 8 equal portions, shaping each into a 1/4-inch-thick patty. Lightly coat both sides of patties with cooking spray.
- ☐ Place patties on grill rack; grill for 3 minutes on each side or until done.
- ☐ Combine shallots, Worcestershire sauce, mustard, and butter in a small bowl.
- ☐ Cut rolls in half horizontally.
- ☐ Spread shallot mixture evenly over cut sides of rolls.
- ☐ Layer 1 patty and 2 pickle chips on bottom half of each roll; top with roll tops.
- ☐ Pull apart dinner rolls
- ☐ Count out 16 pickle chips
- ☐ Stir together shallot mixture
- ☐ Assemble burgers

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:9.2169565066047%

Nutrients (% of daily need)

Calories: 215.58kcal (10.78%), Fat: 11.43g (17.59%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 13.06g (4.75%), Sugar: 1.18g (1.31%), Cholesterol: 41.24mg (13.75%), Sodium: 501.19mg (21.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.47%), Selenium: 19.02µg (27.18%), Vitamin B12: 1.23µg (20.54%), Vitamin B3: 3.84mg (19.2%), Zinc: 2.84mg (18.96%), Manganese: 0.33mg (16.47%), Phosphorus: 134.63mg (13.46%), Iron: 2.42mg (13.44%), Vitamin B6: 0.24mg (11.85%), Vitamin B1: 0.16mg (10.7%), Vitamin B2: 0.18mg

(10.4%), Calcium: 71.47mg (7.15%), Potassium: 249.04mg (7.12%), Magnesium: 23.49mg (5.87%), Folate: 23.16µg (5.79%), Fiber: 1.43g (5.73%), Copper: 0.09mg (4.7%), Vitamin B5: 0.44mg (4.4%), Vitamin K: 4.12µg (3.93%), Vitamin E: 0.37mg (2.45%), Vitamin A: 60.36IU (1.21%), Vitamin C: 0.88mg (1.06%)