



Mini Man Burgers

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon garlic powder
- 1 pound ground beef
- 0.5 teaspoon kosher salt
- 2 tablespoons mayonnaise
- 0.5 teaspoon onion powder
- 3 inch rolls split

Equipment

- bowl
- frying pan
- baking paper
- oven
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Watch how to make this recipe.
- Preheat the oven to 250 degrees F. Preheat a griddle to 350 degrees F.
- Combine the onion powder, garlic powder, pepper, and salt in a small bowl. Set aside.
- Line a jellyroll or sheet pan with parchment paper, and place the ground chuck in the middle of the pan. Cover the meat with a large sheet of plastic wrap.
- Roll meat with a rolling pin until it covers the surface of the pan; it should be very thin.
- Remove the plastic wrap, and sprinkle the meat with the seasoning mixture. Fold the meat in half, from side to side, using the parchment paper. Use a pizza wheel to cut the meat into 8 even squares.
- Wrap the buns in foil and place in the oven for 5 to 10 minutes. Meanwhile, place the burgers on the griddle and cook for 2 to 3 minutes per side.
- Remove the buns from the oven.
- Spread a small amount of mayonnaise on each bun and top with the burger and any other condiments, as desired.
- Serve immediately.

Nutrition Facts

 **PROTEIN 23.48%**  **FAT 74.69%**  **CARBS 1.83%**

Properties

Glycemic Index:20, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:5.1434783250417%

Nutrients (% of daily need)

Calories: 171.5kcal (8.58%), Fat: 13.99g (21.53%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.09g (0.1%), Cholesterol: 41.73mg (13.91%), Sodium: 209.71mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Vitamin B12: 1.22µg (20.29%), Zinc: 2.39mg (15.92%), Selenium: 8.65µg (12.36%), Vitamin B3: 2.4mg (12%), Vitamin B6: 0.19mg (9.39%), Phosphorus: 91.7mg (9.17%), Iron: 1.28mg (7.11%), Vitamin K: 6.94µg (6.61%), Vitamin B2: 0.09mg (5.01%), Potassium: 158.95mg (4.54%), Vitamin B5: 0.29mg (2.95%), Magnesium: 10.18mg (2.54%), Vitamin E: 0.35mg (2.33%), Copper: 0.04mg (1.94%), Vitamin B1: 0.03mg (1.75%), Manganese: 0.03mg (1.28%), Calcium: 11.84mg (1.18%), Folate: 4.33µg (1.08%)