



Mini Memphis-Style BBQ Burgers

READY IN



20 min.

SERVINGS



20

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon cooked cut in half
- 0.3 cup bull's-eye barbecue sauce memphis style
- 0.5 cup coleslaw
- 4 singles halved kraft
- 1 lb ground beef lean
- 2 Tbsp onions red finely chopped
- 8 slider buns toasted

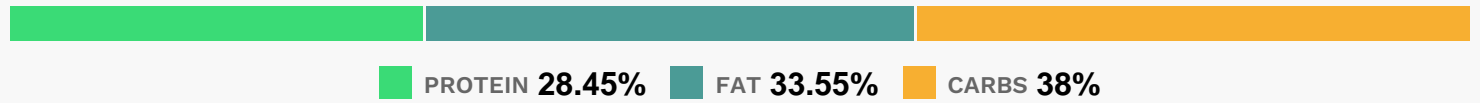
Equipment

grill

Directions

- Heat grill to medium-high heat.
- Mix meat and onions just until blended; shape into 8 (1/2-inch-thick) patties.
- Grill 3 min. on each side or until done (160F), topping with Singles halves for the last minute.
- Fill buns with cheeseburgers and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.9639130480911%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 93.75kcal (4.69%), Fat: 3.42g (5.26%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.11g (2.95%), Sugar: 2.69g (2.99%), Cholesterol: 17mg (5.67%), Sodium: 96.14mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Vitamin B12: 0.53µg (8.83%), Zinc: 1.22mg (8.16%), Vitamin B3: 1.46mg (7.28%), Selenium: 4.9µg (7%), Phosphorus: 54.79mg (5.48%), Vitamin B6: 0.11mg (5.38%), Iron: 0.95mg (5.29%), Potassium: 103.15mg (2.95%), Vitamin B2: 0.04mg (2.6%), Fiber: 0.61g (2.43%), Vitamin B5: 0.18mg (1.83%), Magnesium: 6.45mg (1.61%), Vitamin B1: 0.02mg (1.6%), Calcium: 15.99mg (1.6%), Vitamin K: 1.49µg (1.42%), Copper: 0.02mg (1.17%)