



Outside-in Cheddar Sliders on Mini Buns

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 dinner rolls split soft
- ☐ 1.5 pounds ground beef 20% (fat)
- ☐ 4 cubes sharp cheddar cheese white halved

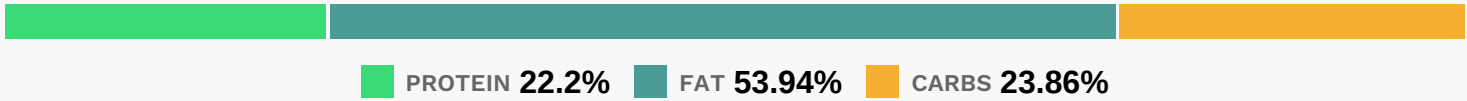
Equipment

- ☐ grill

Directions

- ☐ Divide meat into 8 equal pieces. Shape into balls. Press 1 cheese piece into center of 1 meatball and enclose cheese in meat. Flatten to 2 1/2- to 3-inch-diameter patty. Repeat to form 7 more patties.
- ☐ Sprinkle both sides of patties with salt and pepper.
- ☐ Prepare barbecue (medium-high to high heat). Grill patties until cooked to desired doneness and cheese centers soften, about 5 minutes per side for medium. If desired, grill cut side of rolls until toasted, about 1 minute.
- ☐ Transfer patties to rolls; let rest 5 minutes.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:12.301739067163%

Nutrients (% of daily need)

Calories: 335.45kcal (16.77%), Fat: 19.89g (30.6%), Saturated Fat: 7.27g (45.42%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 18.16g (6.6%), Sugar: 0.7g (0.78%), Cholesterol: 60.88mg (20.29%), Sodium: 285.57mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.42g (36.83%), Selenium: 27.09µg (38.7%), Vitamin B12: 1.83µg (30.42%), Vitamin B3: 5.35mg (26.73%), Zinc: 3.96mg (26.4%), Manganese: 0.45mg (22.42%), Phosphorus: 181.39mg (18.14%), Iron: 3.18mg (17.65%), Vitamin B6: 0.31mg (15.39%), Vitamin B1: 0.22mg (14.86%), Vitamin B2: 0.25mg (14.44%), Calcium: 94.52mg (9.45%), Potassium: 279.47mg (7.98%), Folate: 31.86µg (7.96%), Magnesium: 30.07mg (7.52%), Fiber: 1.63g (6.54%), Vitamin B5: 0.59mg (5.86%), Copper: 0.12mg (5.83%), Vitamin E: 0.51mg (3.38%), Vitamin K: 2.7µg (2.58%)