



## Pesto Sliders

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pound ground beef lean
- 2 tablespoons parmesan shaved
- 2 tablespoons basil pesto refrigerated
- 1 large plum tomatoes cut into 8 slices
- 1.3 ounce sandwich rolls mini

## Equipment

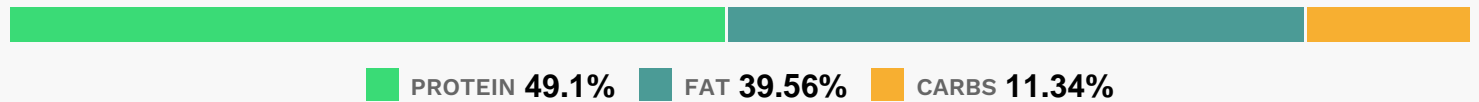
- bowl
- frying pan

grill pan

## Directions

- Gently combine ground beef, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper in a bowl. Divide beef mixture into 8 equal portions, shaping each into a 1/4-inch-thick patty.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Add patties to pan; cook for 3 minutes on each side or until desired degree of doneness.
- Spread the bottom half of each bun with 3/4 teaspoon pesto, and top each with 1 tomato slice and 1 patty. Top each patty with 3/4 teaspoon shaved Parmigiano-Reggiano cheese and the top half of bun.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:13.025652032831%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 223.97kcal (11.2%), Fat: 9.52g (14.64%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.62g (2.04%), Sugar: 0.83g (0.92%), Cholesterol: 72.61mg (24.2%), Sodium: 235.91mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.16%), Vitamin B12: 2.57µg (42.84%), Zinc: 5.95mg (39.69%), Selenium: 23.9µg (34.14%), Vitamin B3: 6.72mg (33.6%), Phosphorus: 254.81mg (25.48%), Vitamin B6: 0.46mg (23.12%), Iron: 3.11mg (17.26%), Vitamin B2: 0.22mg (13.22%), Potassium: 441.34mg (12.61%), Vitamin B5: 0.79mg (7.91%), Magnesium: 30.24mg (7.56%), Vitamin B1: 0.1mg (6.48%), Calcium: 62.18mg (6.22%), Vitamin A: 299.84IU (6%), Copper: 0.11mg (5.61%), Folate: 16.92µg (4.23%), Manganese: 0.07mg (3.59%), Vitamin E: 0.45mg (2.97%), Vitamin C: 2.12mg (2.57%), Fiber: 0.52g (2.07%), Vitamin K: 1.66µg (1.58%)