



Picadillo Sliders

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cloves garlic
- 0.3 cup olives green roughly chopped
- 0.3 teaspoon ground allspice
- 12 ounces ground beef
- 0.3 teaspoon ground cinnamon
- 1 pinch ground cloves
- 8 servings kosher salt
- 0.3 cup mayonnaise

- 3 tablespoons olive oil
- 1 small onion chopped
- 8 servings jalapeño peppers for serving
- 8 potato rolls
- 0.3 cup raisins roughly chopped
- 0.3 cup slivered almonds coarsely chopped
- 0.3 cup tomato sauce

Equipment

- bowl
- frying pan
- grater

Directions

- Grate 1 clove garlic into the mayonnaise with a rasp grater and set aside.
- Heat 1 tablespoon olive oil in a small skillet over medium heat.
- Add the onions and cook until tender, about 10 minutes. Chop the remaining 2 cloves garlic, add to the onions, and cook 2 minutes more.
- Let cool slightly.
- Meanwhile, mix the ground beef, 1 teaspoon salt, tomato sauce, cinnamon, allspice, and cloves in a large bowl. Stir in the raisins, green olives, and almonds, then the onions and garlic; mix gently until just incorporated.
- Wipe out the skillet, add the remaining 2 tablespoons olive oil, and set over medium-high heat. Divide the meat into 8 equal portions. Brown each side, about 4 minutes for medium.
- Serve on the potato rolls with a smear of the garlic mayonnaise and top with pickled jalapenos.

Nutrition Facts



PROTEIN 16.8% FAT 52.52% CARBS 30.68%

Properties

Glycemic Index:30.1, Glycemic Load:2.38, Inflammation Score:-3, Nutrition Score:10.851739131886%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 378.58kcal (18.93%), Fat: 22.88g (35.21%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 27.84g (10.12%), Sugar: 5.87g (6.52%), Cholesterol: 33.13mg (11.04%), Sodium: 567.25mg (24.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Vitamin B3: 5.05mg (25.24%), Vitamin B1: 0.34mg (22.84%), Folate: 87.13µg (21.78%), Calcium: 177.39mg (17.74%), Iron: 3.08mg (17.09%), Vitamin B2: 0.29mg (17.05%), Vitamin E: 2.31mg (15.38%), Vitamin B12: 0.92µg (15.31%), Vitamin K: 15.83µg (15.08%), Zinc: 1.95mg (13.03%), Selenium: 7µg (10%), Phosphorus: 95.09mg (9.51%), Vitamin B6: 0.19mg (9.32%), Fiber: 2.24g (8.96%), Manganese: 0.15mg (7.71%), Potassium: 223.21mg (6.38%), Magnesium: 20.85mg (5.21%), Copper: 0.1mg (4.93%), Vitamin B5: 0.29mg (2.9%), Vitamin C: 1.91mg (2.31%), Vitamin A: 72.13IU (1.44%)