



## Sesame Marinated Spam Sliders with Quail Egg and Gingered Mayonnaise



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 teaspoon ginger fresh grated
- ☐ 6 clove garlic minced
- ☐ 0.3 cup mayonnaise
- ☐ 16 quail eggs fresh
- ☐ 3 tablespoon rice vinegar
- ☐ 16 servings grained sea salt fine
- ☐ 2 tablespoon sesame oil

- ☐ 2 tablespoon sesame seed toasted
- ☐ 1 cup soya sauce
- ☐ 1 can spam lite

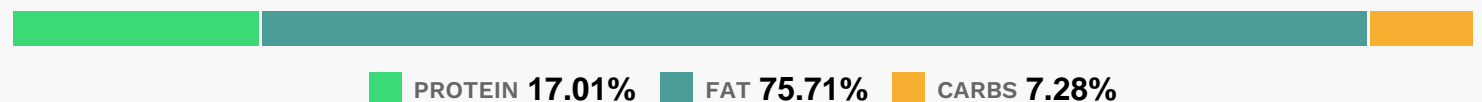
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Prepare the marinade: In a medium sauce pan set over medium heat add the soy sauce, brown sugar, garlic, rice vinegar, sesame oil, toasted sesame seeds, 1 teaspoon fresh grated ginger and minced chili. Cook without boiling until the sugar dissolves, about 4 minutes.
- ☐ Add 1 tablespoon of the cool marinade and the remaining 1 teaspoon fresh grated ginger to the mayonnaise.
- ☐ Cut the Spam crosswise into 8 slices, keeping them together in a block and then cut them all in half clengthwise to form 16 nearly square pieces.
- ☐ Lay the pieces in a single layer in the bottom of a shallow dish.
- ☐ Pour the remaining cooled marinade over the slices and marinate 2 to 4 hours.
- ☐ Drain the Spam slices, discard marinade.
- ☐ Heat a large skillet or griddle over medium high heat. Spray with a light coating of cooking spray. Brown the Spam slices on one side until nicely colored, about 3 minutes. Flip each piece and repeat the browning.
- ☐ Lay the bottoms of the slider buns on a work surface in front of you.
- ☐ Spread a dollop of the gingered mayonnaise onto each. Top this with a piece of lettuce followed by the a Spam slice. Gently place a warm fried quail egg on top, taking care to keep the yolk intact.
- ☐ Add the top to the slider and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.19, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:4.2469565635142%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 137.27kcal (6.86%), Fat: 11.54g (17.75%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.32g (0.36%), Cholesterol: 92.52mg (30.84%), Sodium: 1338.69mg (58.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Selenium: 8.46µg (12.09%), Phosphorus: 80.23mg (8.02%), Vitamin B2: 0.14mg (7.94%), Vitamin B3: 1.39mg (6.96%), Vitamin B1: 0.1mg (6.55%), Manganese: 0.12mg (6.11%), Vitamin K: 5.99µg (5.7%), Vitamin B6: 0.11mg (5.57%), Iron: 0.99mg (5.48%), Zinc: 0.63mg (4.2%), Copper: 0.08mg (4.09%), Vitamin B12: 0.24µg (4.03%), Potassium: 140.56mg (4.02%), Magnesium: 13.91mg (3.48%), Folate: 10.39µg (2.6%), Vitamin B5: 0.23mg (2.27%), Vitamin E: 0.33mg (2.2%), Calcium: 21.07mg (2.11%), Vitamin D: 0.26µg (1.74%), Fiber: 0.26g (1.05%), Vitamin A: 51.34IU (1.03%)