



Singles Sliders

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 baby spinach leaves
- 2 Tbsp heinz balsamic vinegar
- 2 tsp olive oil extra virgin
- 4 singles halved kraft
- 1 lb ground beef lean
- 2 Tbsp juice of lemon fresh
- 1 Tbsp oregano leaves dried
- 1 large onion red cut into 1/2-inch-thick slices
- 8 slider buns split

1 tomatoes cut into 1/2-inch-thick slices

Equipment

bowl

grill

Directions

Heat grill to medium-high heat.

Brush onions and tomatoes with oil. Grill 2 min., turning tomatoes after 1 min.

Remove tomatoes from grill. Grill onions 6 min., turning after 3 min. Cool.

Meanwhile, mix meat and oregano; shape into 8 (1/2-inch-thick) patties. Grill 3 to 5 min. on each side or until done (160F), topping with Singles pieces and adding buns to the grill to toast for the last 2 min.

Chop onions and tomatoes; place in medium bowl.

Add vinegar and lemon juice; mix lightly. Spoon onto bottom halves of buns; cover with spinach, burgers and tops of buns.

Nutrition Facts



PROTEIN **32.46%** FAT **25.55%** CARBS **41.99%**

Properties

Glycemic Index:5.07, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:2.3630434601851%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 50.89kcal (2.54%), Fat: 1.42g (2.18%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.7g (1.71%), Sugar: 1.13g (1.26%), Cholesterol: 9.4mg (3.13%), Sodium: 13mg (0.57%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin B12: 0.34µg (5.64%), Zinc: 0.8mg (5.31%), Vitamin K: 5.46µg (5.2%), Vitamin B3: 0.87mg (4.37%), Iron: 0.71mg (3.93%), Selenium: 2.67µg (3.81%), Vitamin B6: 0.07mg (3.54%), Phosphorus: 34.14mg (3.41%), Vitamin A: 115.03IU (2.3%), Potassium: 76.49mg (2.19%), Fiber: 0.54g (2.16%), Vitamin C: 1.45mg (1.76%), Vitamin B2: 0.03mg (1.71%), Manganese: 0.03mg (1.4%), Calcium: 13.9mg (1.39%), Magnesium: 5.41mg (1.35%), Vitamin B5: 0.11mg (1.09%), Folate: 4.21µg (1.05%), Vitamin E: 0.16mg (1.04%)