



Sirloin and Black Truffle Sliders



Gluten Free



Dairy Free



Low Fod Map

READY IN



490 min.

SERVINGS



8

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound ground sirloin
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 8 servings mayonnaise as needed (, optional)
- ☐ 2 tablespoon olive oil extra-virgin separated ()
- ☐ 8 servings salt and pepper as needed for seasoning ()
- ☐ 3 ounce truffles black jarred drained sliced roughly chopped (, and)
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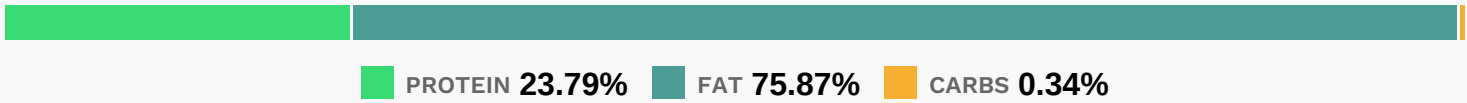
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ In a bowl, gently combine the sirloin and chopped truffle; shape into 8 thick slider-sized burgers. Set the sliders on a plate, cover with plastic wrap. Refrigerate 8 to 24 hours before cooking. Wash and dry the watercress then toss it with 1 tablespoon olive oil and the lemon juice. Season with salt and pepper; set aside. In a large heavy skillet, heat the remaining 1 tablespoon olive oil until shimmering. Season the sliders on both sides with salt and pepper; cook over medium-high heat until browned, about 2 minutes per side for rare to medium rare, or to taste. Don't crowd the pan, work in batches if necessary. Arrange the dressed watercress on the bottoms of the toasted slider buns. Top each with a cooked slider.
- ☐ Spread a little mayonnaise (if using) onto the bun tops and place them on top of the sliders.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:5.5513043523483%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 180.46kcal (9.02%), Fat: 15g (23.08%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.07g (0.08%), Cholesterol: 40.24mg (13.41%), Sodium: 256.7mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.17%), Vitamin B12: 1.24µg (20.59%), Zinc: 2.55mg (16.98%), Vitamin B3: 2.64mg (13.19%), Selenium: 9.05µg (12.93%), Vitamin B6: 0.2mg (9.87%), Phosphorus: 97.95mg (9.79%), Vitamin K: 9.36µg (8.92%), Iron: 1.22mg (6.76%), Vitamin E: 0.85mg (5.65%), Vitamin B2: 0.09mg (5.13%), Potassium: 170.07mg (4.86%), Vitamin B5: 0.32mg (3.21%), Magnesium: 10.36mg (2.59%), Copper: 0.04mg (1.96%), Vitamin B1: 0.02mg (1.64%)