



Sliders with Cheddar and Onions

READY IN



26 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 2 ounce cheddar cheese quartered reduced-fat
- ☐ 1 pound lean ground beef 93% lean
- ☐ 0.5 cup onion vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 1.4 ounce sub rolls

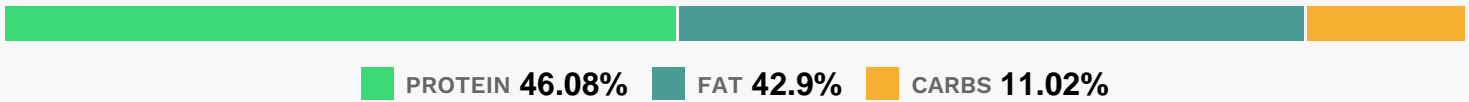
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; cook 5 minutes or until tender, stirring frequently.
- ☐ Remove onion from pan; do not wipe pan.
- ☐ While onion cooks, combine beef, salt, and pepper; shape into 8 (1/2-inch-thick) patties.
- ☐ Add patties to drippings in pan. Cook 4 minutes on each side or until done, topping each patty with 1 cheese quarter during last 2 minutes of cooking time.
- ☐ Remove from pan.
- ☐ Add 4 rolls, cut sides down, to drippings in pan. Cook 1 minute or until toasted. Repeat procedure with remaining 4 rolls.
- ☐ Place patties on bottom halves of rolls; top patties evenly with onion. Cover with top halves of buns.
- ☐ Serve with desired toppings.
- ☐ Tip: You can season the beef and shape the patties in the morning; then when you get home they're ready to go.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:3.73, Inflammation Score:0, Nutrition Score:13.603913016941%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 254.55kcal (12.73%), Fat: 11.82g (18.19%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 6.32g (2.3%), Sugar: 1.5g (1.67%), Cholesterol: 84.48mg (28.16%), Sodium: 354.59mg (15.42%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.14%), Vitamin B12: 2.69µg (44.84%), Zinc: 6.33mg (42.19%), Selenium: 23.85µg (34.07%), Vitamin B3: 6.26mg (31.31%), Phosphorus: 295.45mg (29.54%), Vitamin B6: 0.48mg (23.93%), Iron: 4.27mg (23.7%), Vitamin B2: 0.25mg (14.75%), Potassium: 434.16mg (12.4%), Calcium: 116.56mg (11.66%), Vitamin B5: 0.81mg (8.13%), Magnesium: 30.99mg (7.75%), Copper: 0.1mg (5.08%), Vitamin E: 0.6mg (4.03%), Vitamin B1: 0.06mg (4%), Folate: 12.47µg (3.12%), Vitamin A: 143.11IU (2.86%), Manganese: 0.05mg (2.74%), Fiber: 0.52g (2.08%), Vitamin C: 1.48mg (1.79%), Vitamin K: 1.68µg (1.6%), Vitamin D: 0.2µg (1.32%)