



Sliders with Shallot-Dijon Relish

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 16 dill pickle
- ☐ 1 pound ground sirloin
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons shallots finely chopped
- ☐ 1 ounce portugese rolls
- ☐ 1 tablespoon worcestershire sauce

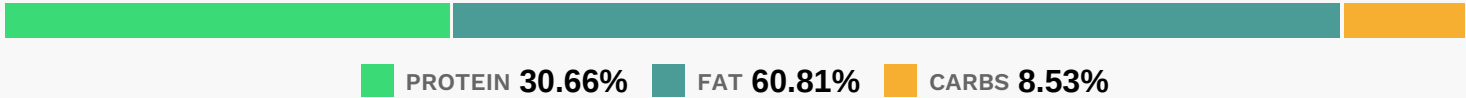
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine 1/2 teaspoon salt, pepper, and sirloin. Divide meat mixture into 8 equal portions, shaping each into a 1/4-inch-thick patty. Lightly coat both sides of patties with cooking spray.
- ☐ Place patties on grill rack; grill for 3 minutes on each side or until done.
- ☐ Combine shallots, Worcestershire sauce, mustard, and butter in a small bowl, stirring well.
- ☐ Cut rolls in half horizontally.
- ☐ Spread shallot mixture evenly over cut sides of rolls.
- ☐ Layer 1 patty and 2 pickle chips on bottom half of each roll; top with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:5.9086957496145%

Nutrients (% of daily need)

Calories: 146.83kcal (7.34%), Fat: 9.76g (15.01%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.93g (1.03%), Cholesterol: 41.24mg (13.75%), Sodium: 367.23mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.13%), Vitamin B12: 1.23µg (20.54%), Zinc: 2.59mg (17.26%), Selenium: 9.67µg (13.81%), Vitamin B3: 2.69mg (13.43%), Iron: 1.94mg (10.8%), Vitamin B6: 0.22mg (10.77%), Phosphorus: 105.14mg (10.51%), Potassium: 216.44mg (6.18%), Vitamin B2: 0.1mg (5.85%), Vitamin B5: 0.34mg (3.37%), Magnesium: 13.29mg (3.32%), Vitamin K: 3.36µg (3.2%), Copper: 0.05mg (2.58%), Vitamin B1: 0.04mg (2.52%), Calcium: 21.89mg (2.19%), Manganese: 0.04mg (1.97%), Vitamin E: 0.27mg (1.77%), Fiber: 0.41g (1.64%), Folate: 6.15µg (1.54%), Vitamin A: 60.36IU (1.21%), Vitamin C: 0.88mg (1.06%)