



Spicy Jalapeno Sliders

READY IN



30 min.

SERVINGS



12

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup crème fraîche
- ☐ 12 dinner rolls mini
- ☐ 1 pinch garlic powder
- ☐ 1 pound ground beef
- ☐ 0.3 cup heavy cream
- ☐ 2 jalapeños diced whole seeded sliced for serving fine
- ☐ 12 servings kosher salt
- ☐ 0.3 cup spicy monterey jack cheese grated
- ☐ 0.5 cup panko bread crumbs

- ☐ 0.5 teaspoon cracked pepper black
- ☐ 0.3 cup salsa verde store-bought
- ☐ 2 shallots chopped fine

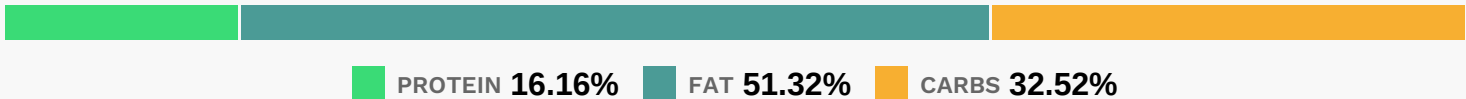
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In a large bowl, add ground beef, jalapenos, shallots, panko, heavy cream, cheese, garlic powder, 1 tablespoon salt, and 1/2 teaspoon black pepper.
- ☐ Mix together well. Form into small patties and place in the oven for 12 to 15 minutes.
- ☐ In a separate bowl, add creme fraiche, salsa verde, pinch of salt and pepper and mix together. Refrigerate until ready to serve with your sliders.
- ☐ Lightly spread creme fraiche on both sides of buns.
- ☐ Place burgers in middle and pick it with a jalapeno.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:10.404782538829%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 292.99kcal (14.65%), Fat: 16.71g (25.71%), Saturated Fat: 7.11g (44.41%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 21.86g (7.95%), Sugar: 2.39g (2.65%), Cholesterol: 45.84mg (15.28%), Sodium: 518.59mg (22.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.69%), Selenium: 21.76µg (31.08%),

Manganese: 0.49mg (24.74%), Vitamin B3: 3.58mg (17.88%), Vitamin B1: 0.24mg (15.69%), Vitamin B12: 0.89µg (14.76%), Zinc: 2.17mg (14.47%), Phosphorus: 139.74mg (13.97%), Vitamin B2: 0.24mg (13.93%), Iron: 2.48mg (13.79%), Calcium: 129.57mg (12.96%), Vitamin B6: 0.19mg (9.69%), Folate: 34.96µg (8.74%), Fiber: 1.97g (7.87%), Magnesium: 27.26mg (6.81%), Potassium: 217.49mg (6.21%), Vitamin A: 265.6IU (5.31%), Copper: 0.1mg (5.24%), Vitamin B5: 0.46mg (4.63%), Vitamin C: 3.48mg (4.22%), Vitamin E: 0.52mg (3.48%), Vitamin K: 3.11µg (2.96%)