



Spicy Juicy Lucy-fer Sliders

READY IN



50 min.

SERVINGS



6

CALORIES



709 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 chipotle peppers in adobo finely chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds ground beef
- ☐ 0.3 cup catsup
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 3 cups onion thinly sliced
- ☐ 4 ounces pepper jack cheese cut into 12 equal pieces

- ☐ 12 slider-size potato buns split toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Heat the oil in a large skillet over medium heat and add the onions, spreading them into an even layer. Cook, without stirring, until the edges of the onions are beginning to brown, 5 minutes. Stir the onions and continue to cook, stirring occasionally, until browned and caramelized, another 20 minutes.
- ☐ Add the chipotles, garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until fragrant and well combined, 1 to 2 minutes, and remove from the heat.
- ☐ Preheat the oven broiler. Divide the meat into 12 portions, about 2 ounces each. Form a patty around each piece of cheese and flatten to 2 1/2 to 3 inches in diameter.
- ☐ Put the wrapped patties on a foil-lined baking sheet and sprinkle all the patties with 3/4 teaspoon salt.
- ☐ Broil until the cheese is melted and the burgers are still a bit pink inside, about 6 minutes. The burgers will be cooked to at least medium in order to melt the cheese but still stay juicy.
- ☐ Mix the ketchup, balsamic and 1/4 teaspoon pepper in a small bowl.
- ☐ Brush the burgers with some of the ketchup sauce and divide the rest among the bottom halves of the buns.
- ☐ Place a burger on each bottom bun, top with some of the spicy onions and finish with a top bun.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:22.548260906468%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg

Nutrients (% of daily need)

Calories: 709kcal (35.45%), Fat: 36.14g (55.6%), Saturated Fat: 12.99g (81.2%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 55.77g (20.28%), Sugar: 16.32g (18.14%), Cholesterol: 97.33mg (32.44%), Sodium: 643.56mg (27.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.07g (82.14%), Vitamin B3: 10.99mg (54.95%), Calcium: 484.3mg (48.43%), Folate: 186.49µg (46.62%), Vitamin B1: 0.7mg (46.39%), Vitamin B12: 2.58µg (43.06%), Zinc: 5.47mg (36.5%), Vitamin B2: 0.62mg (36.48%), Iron: 6.34mg (35.19%), Phosphorus: 291.08mg (29.11%), Selenium: 20.37µg (29.1%), Vitamin B6: 0.51mg (25.28%), Fiber: 3.95g (15.8%), Potassium: 474.76mg (13.56%), Vitamin E: 1.35mg (9%), Magnesium: 34.42mg (8.61%), Vitamin C: 6.64mg (8.05%), Manganese: 0.16mg (7.97%), Vitamin B5: 0.72mg (7.19%), Copper: 0.12mg (6%), Vitamin K: 6.12µg (5.83%), Vitamin A: 199.13IU (3.98%), Vitamin D: 0.23µg (1.51%)