

Steakhouse Sliders and Mini Steak Fries

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby arugula
- ☐ 8 slices bacon thick cut
- ☐ 24 burger rolls split such as small dinner rolls, mini
- ☐ 0.5 cup grainy mustard
- ☐ 2 tablespoons grill seasoning
- ☐ 3 pounds ground sirloin
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parsley leaves chopped

- ☐ 6 plum tomatoes cut into 1/4-inch slices
- ☐ 1 small onion red sliced quartered
- ☐ 2 tablespoons rosemary leaves finely chopped
- ☐ 0.5 cup steak sauce recommended: A1
- ☐ 0.5 cup worcestershire sauce
- ☐ 16 baby yukon gold potatoes

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ broiler pan

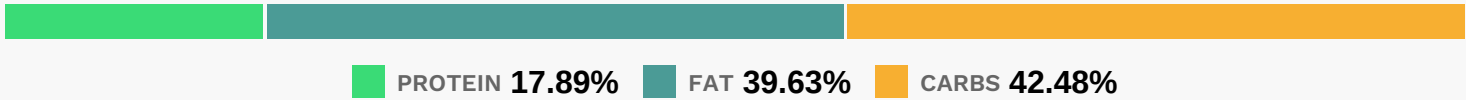
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 500 degrees F.
- ☐ Get the potatoes in the oven first, then bacon and meat 10 minutes later.
- ☐ Cut potatoes into thin wedges (6 per potato). Coat the potatoes with 1/4 cup olive oil and season with 2 tablespoons of grill seasoning and rosemary.
- ☐ Bake 10 minutes or until golden brown, then reduce heat to 400 degrees F when you add bacon and meat to oven.
- ☐ Arrange the bacon on slotted broiler pan and bake until crisp, about 12 minutes then cut each strip into thirds, (24 pieces). Set aside.
- ☐ Coat a 9 by 12-inch rimmed baking sheet (they sell disposable pans this size if you do not have one) with 1 tablespoon olive oil. Season the meat with Worcestershire sauce, 3 tablespoons grill seasoning and parsley.
- ☐ Spread meat into pan in 1/2-inch layer all the way to corners of pan. Coat the top of meat with 1 tablespoon olive oil and bake at 400 degrees F for 12 to 15 minutes until firm but a little pink at center. Rest meat 5 minutes then cut into 24 square mini burgers.

- ☐
- Place burgers on mini roll bottoms and top with arugula, tomato, bacon, red onion.

☐☐

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:27.69, Inflammation Score:-6, Nutrition Score:19.41521759396%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 429.43kcal (21.47%), Fat: 18.84g (28.99%), Saturated Fat: 5.84g (36.51%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 41.44g (15.07%), Sugar: 5.8g (6.45%), Cholesterol: 46.48mg (15.49%), Sodium: 551.1mg (23.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.27%), Selenium: 25.3µg (36.14%), Vitamin C: 28.5mg (34.55%), Vitamin K: 33.55µg (31.95%), Vitamin B3: 6.36mg (31.78%), Vitamin B6: 0.63mg (31.29%), Vitamin B1: 0.41mg (27.2%), Manganese: 0.51mg (25.26%), Iron: 4.39mg (24.37%), Potassium: 849.98mg (24.29%), Phosphorus: 240.26mg (24.03%), Zinc: 3.46mg (23.04%), Vitamin B12: 1.38µg (22.94%), Folate: 70.85µg (17.71%), Vitamin B2: 0.28mg (16.56%), Fiber: 4g (16.02%), Magnesium: 56.36mg (14.09%), Copper: 0.25mg (12.73%), Calcium: 107.44mg (10.74%), Vitamin B5: 0.76mg (7.61%), Vitamin E: 1.08mg (7.19%), Vitamin A: 317.89IU (6.36%)