



Stuffed Sliders Your Way

READY IN



300 min.

SERVINGS



30

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces whatever cheese you're partial to blue chilled cut into 1/2-inch cubes
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup parsley fresh chopped (or other herbs; see Cooks' Notes)
- ☐ 2 small garlic cloves with a garlic press crushed
- ☐ 3 pounds ground beef
- ☐ 30 servings lettuce raw sliced (see Cooks' Notes)
- ☐ 0.7 cup parmesan cheese grated
- ☐ 30 rolls such as potato and brioche, or mini pitas soft (; a.k.a. party size)

Equipment

- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ garlic press
- ☐ broiler pan

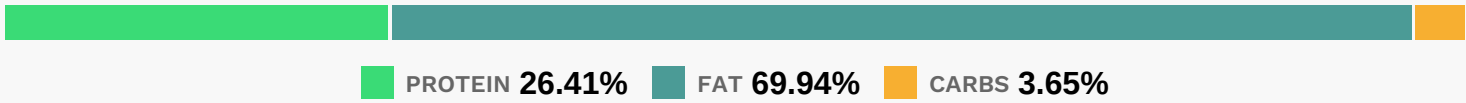
Directions

- ☐ Gently combine meat, eggs, cheese, parsley, garlic, 1 teaspoon salt and 1/2 teaspoon pepper with your hands. (Do not overmix).
- ☐ Form scant 1/4 cupfuls of meat mixture into about 30 meatballs. Push a cheese cube into center of each ball and encase meat around cheese, then slightly flatten each ball to a 2-inch diameter.
- ☐ Preheat broiler. Put half of sliders on an oiled rack of a broiler pan and broil, turning over once, until just cooked through (no longer pink), 4 to 8 minutes total. Repeat with remaining sliders.
- ☐ For easy entertaining, go with a gas grill. Preheat all burners on high, covered, 10 minutes, then adjust heat to medium-high. Grill sliders, in batches if necessary, turning once, until just cooked through, 4 to 8 minutes total.
- ☐ Make sliders with toppings and rolls.
- ☐ •Lamb Sliders: Go Greek! Substitute mint for the parsley and stuff the balls with feta cheese. For an easy sauce, mix together 1 cup plain Greek-style yogurt, 1 small garlic clove, crushed with a garlic press, and salt and pepper to taste.
- ☐ Add chopped fresh mint if you'd like. Slide the sliders inside split mini-pitas and top with the sauce. •Beef and Blue Sliders: We love the melting quality of Saga Blue but go for your favorite blue cheese. A tangle of golden brown sautéed onions on top will make you swoon. (Sauté 1 to 1 1/2 pounds sliced onions in 2 to 3 tablespoons olive oil in a heavy skillet over moderate heat with some chopped fresh thyme and salt, stirring occasionally, until golden brown, about 20 minutes.) •Turkey Cheddar Sliders: Opt for all dark meat or half dark meat mixed with half breast meat (all breast meat will be too dry) and substitute 3 to 4 tablespoons chopped fresh sage or thyme for the parsley. Or go Dutch with Gouda. Top with slices of red onion and pickles. Even some cilantro sprigs would be good here. •Barbecue Pork Burgers: To include or skip the parsley is up to you, but we're all for ramping up the heat with Pepper Jack or wimp

out on plain Monterey Jack.

- ☐
- Brush the tops with your favorite barbecue sauce just before flipping them; brush the second side with more sauce and finish cooking. The topping? Coleslaw, of course!

Nutrition Facts



Properties

Glycemic Index:2.97, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:6.0360869480216%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 159.14kcal (7.96%), Fat: 12.18g (18.74%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.39g (0.5%), Sugar: 0.38g (0.42%), Cholesterol: 53.92mg (17.97%), Sodium: 126.56mg (5.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Vitamin B12: 1.09µg (18.17%), Vitamin K: 17.42µg (16.59%), Zinc: 2.26mg (15.05%), Selenium: 10.25µg (14.65%), Phosphorus: 119.41mg (11.94%), Vitamin B3: 1.95mg (9.72%), Vitamin B6: 0.16mg (8.1%), Calcium: 72.4mg (7.24%), Vitamin B2: 0.12mg (6.87%), Iron: 1.04mg (5.77%), Potassium: 144.19mg (4.12%), Vitamin A: 189.1IU (3.78%), Vitamin B5: 0.32mg (3.16%), Magnesium: 11.1mg (2.77%), Vitamin E: 0.29mg (1.94%), Folate: 7.61µg (1.9%), Copper: 0.04mg (1.78%), Vitamin C: 1.4mg (1.7%), Vitamin B1: 0.02mg (1.64%), Vitamin D: 0.16µg (1.05%)