



Swiss Cheeseburger Sliders

READY IN



15 min.

SERVINGS



8

CALORIES



573 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings bacon crisp
- 8 servings bbq sauce
- 8 servings black bean salsa
- 1.5 teaspoons pepper black freshly ground
- 8 servings chive cream sour
- 8 servings dill pickles
- 1 pound ground beef
- 8 servings guacamole
- 8 servings dijon honey mustard

- 8 servings water
- 2 mayonnaise and ketchup mixture
- 1 tablespoon kosher salt
- 8 servings pico de gallo salsa
- 1 slices grilled pineapple
- 8 servings mango salsa
- 8 slider buns toasted halved
- 2 slices swiss cheese cut into small squares to fit the sliders thin
- 8 servings vegetable oil for brushing and coating grill

Equipment

- bowl
- grill
- aluminum foil
- grill pan

Directions

- Watch how to make this recipe.
- Heat the grill or grill pan to medium heat (350 degrees F) and rub the grate with a towel dipped in oil.
- In a large bowl, mix together the meat, salt, and pepper until well combined. Shape into 8 (1/4-inch thick) patties and brush the patties with vegetable oil.
- Cook the patties until browned on first side, about 1 to 2 minutes. Flip, top with cheese, close grill top and cook until cheese is melted and patty is cooked through, about 1 to 2 more minutes. If you are using a grill pan, tent the burgers with foil to melt the cheese.
- Serve the patties on the slider buns with optional toppings.

Nutrition Facts



Properties

Glycemic Index:22.65, Glycemic Load:1.34, Inflammation Score:-5, Nutrition Score:15.50869574495%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 573.39kcal (28.67%), Fat: 42.21g (64.94%), Saturated Fat: 11.88g (74.28%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 25.61g (9.31%), Sugar: 8.56g (9.51%), Cholesterol: 65.81mg (21.94%), Sodium: 2067.05mg (89.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.27%), Vitamin K: 40.19µg (38.28%), Vitamin B12: 1.48µg (24.62%), Zinc: 3.53mg (23.54%), Phosphorus: 226.92mg (22.69%), Selenium: 15.72µg (22.45%), Manganese: 0.44mg (22.16%), Vitamin B6: 0.4mg (20.03%), Vitamin B3: 3.97mg (19.86%), Fiber: 4.54g (18.17%), Iron: 3.16mg (17.58%), Calcium: 144.5mg (14.45%), Vitamin E: 2.05mg (13.67%), Potassium: 458.35mg (13.1%), Copper: 0.25mg (12.66%), Vitamin B1: 0.19mg (12.65%), Vitamin B2: 0.21mg (12.13%), Magnesium: 46.49mg (11.62%), Vitamin C: 8.36mg (10.13%), Vitamin A: 506.15IU (10.12%), Folate: 37.6µg (9.4%), Vitamin B5: 0.64mg (6.43%)