

STARTER & SNACK

The Cuban Burger 'FRITA

1 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
204 min	10 min	14 min	12	\$0.35	127 kcal



The Cuban Burger 'FRITA might be just the American recipe you are searching for. For 35 cents per serving, you get a hor d'oeuvre that serves 12. One portion of this dish contains around 8g of protein, 9g of fat, and a total of 127 calories. 8 people found this recipe to be delicious and satisfying.

Ingredients

- ☐ ½ cup dry bread crumbs
- ☐ ¾ pound ground beef
- ☐ ¼ pound ground pork
- ☐ ¼ cup milk
- ☐ ½ teaspoon Pimenton de la Vera (smoked Spanish paprika)
- ☐ ½ teaspoon vegetable oil
- ☐ 1 egg
- ☐ ¼ teaspoon ground black pepper
- ☐ 1 tablespoon ketchup
- ☐ 1 tablespoon minced onion
- ☐ 2 teaspoons salt
- ☐ ½ teaspoon Worcestershire sauce

Method

- 1

Mix the ground beef, ground pork, bread crumbs, milk, egg, onion, ketchup, salt, Pimenton de la Vera, Worcestershire sauce, and pepper together in a large bowl until well combined; divide the mixture into 12 equal ball shapes.
- 2

Place in refrigerator for 3 hours to allow the flavors to meld.
- 3

Heat the vegetable oil in a large skillet over medium heat. Cook the meatballs in the skillet, flattening them with the back of a spatula as they cook, about 7 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (72 degrees C).

Nutrition per serving			
	127	8 g	9 g
	KCAL	PROTEIN	FAT
			4 g
			CARBS
Saturated Fat			3.2 g · 20% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			468 mg · 20% of daily needs
Cholesterol			41.2 mg · 14% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/the-cuban-burger-frita-147074