



Triple Pork Sliders

READY IN



23 min.

SERVINGS



16

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices applewood bacon smoked crisp cooked
- ☐ 0.5 pound mexican chorizo sausage fresh
- ☐ 1 leaf curly lettuce
- ☐ 16 small dinner rolls sliced in half
- ☐ 1 clove garlic finely chopped
- ☐ 1.5 pounds ground pork
- ☐ 1 teaspoon hot sauce recommended: Sriracha
- ☐ 16 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mayonnaise

- ☐ 0.3 cup pepper jack cheese finely grated
- ☐ 3 plum tomatoes sliced
- ☐ 1 small shallots finely chopped
- ☐ 1 tablespoon paprika smoked

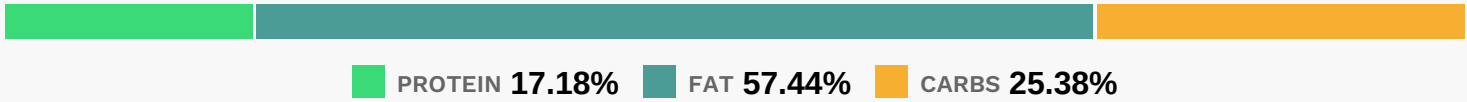
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a flat top grill pan to medium-high heat.
- ☐ In a medium bowl, mix the ground pork, sausage, cheese, shallot, garlic, and salt and pepper, to taste. Form the meat mixture into small equal-sized patties.
- ☐ Cook the burgers for 3 to 4 minutes on each side.
- ☐ Remove them from the pan and serve on split rolls with a half a slice of bacon, lettuce, tomato and Smoked Paprika Mayonnaise.
- ☐ Mix all of the ingredients together in s medium bowl. Cover with plastic wrap and refrigerate until serving, allowing the flavors to meld. Can be made a day ahead.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:11.748695608066%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 333.49kcal (16.67%), Fat: 21.18g (32.59%), Saturated Fat: 7.36g (45.99%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 19.04g (6.92%), Sugar: 1.22g (1.35%), Cholesterol: 50.92mg (16.97%), Sodium: 362.89mg (15.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.51%), Selenium: 27.28µg (38.97%), Vitamin B1: 0.54mg (35.76%), Manganese: 0.49mg (24.44%), Vitamin B3: 4.16mg (20.81%), Phosphorus: 149.39mg (14.94%), Vitamin B2: 0.24mg (14.29%), Vitamin B6: 0.25mg (12.72%), Iron: 2.28mg (12.69%), Zinc: 1.56mg (10.41%), Calcium: 102.36mg (10.24%), Vitamin A: 474.79IU (9.5%), Vitamin K: 9.51µg (9.05%), Fiber: 2.02g (8.07%), Folate: 31.29µg (7.82%), Magnesium: 28.13mg (7.03%), Potassium: 242.35mg (6.92%), Vitamin B12: 0.37µg (6.19%), Vitamin C: 4.92mg (5.96%), Vitamin B5: 0.54mg (5.41%), Copper: 0.1mg (5.15%), Vitamin E: 0.52mg (3.44%)