

Cheddar & Onion Beef Sliders

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Servings: 8

*1/4 cup butter, cubed
1 medium red onion, halved and
thinly sliced
2 1/4 teaspoons Montreal steak
seasoning, divided
1 cup dry red wine
1 pound ground beef
2 slices cheddar cheese, quartered
8 dinner rolls, split*

Preparation Time: 1 hour 15 minutes

Cook Time: 10 minutes

In a skillet, heat the butter over medium heat. Add the onion and 1/4 teaspoon of the steak seasoning. Cook and stir for 6 to 8 minutes. Reduce the heat to medium-low. Cook for 40 minutes or until deep golden brown, stirring occasionally. Add the wine and cook until the liquid is almost evaporated.

In a small bowl, combine the beef and remaining steak seasoning, mixing lightly but thoroughly. Shape into eight 1/2-inch-thick patties.

In a large nonstick skillet, cook the burgers over medium heat for 3 to 4 minutes on each side or until a thermometer reads 160 degrees. Top with the cheese during the last 1 to 2 minutes of cooking.

Serve on rolls and top with the onion.

Per Serving (excluding unknown items): 455 Calories; 32g Fat (66.8% calories from fat); 19g Protein; 17g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 440mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 5 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	455	Vitamin B6 (mg):	.2mg
% Calories from Fat:	66.8%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	15.5%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	17.7%
Total Fat (g):	32g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	94mg
Carbohydrate (g):	17g
Dietary Fiber (g):	1g
Protein (g):	19g
Sodium (mg):	440mg
Potassium (mg):	261mg
Calcium (mg):	251mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	517IU
Vitamin A (r.e.):	144RE

Riboflavin B2 (mg):	.3mg
Folacin (mcg):	22mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	21
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	455	Calories from Fat: 304
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% Daily Values*

Total Fat	32g	50%
Saturated Fat	16g	81%
Cholesterol	94mg	31%
Sodium	440mg	18%
Total Carbohydrates	17g	6%
Dietary Fiber	1g	5%
Protein	19g	
Vitamin A		10%
Vitamin C		2%
Calcium		25%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.