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Mini Burgers

Mini burgers are small-sized burgers that are perfect for parties, picnics, or as appetizers. They are made with a juicy beef patty, topped with cheese, lettuce, tomato, and a special sauce, all sandwiched between mini burger buns.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

400 g	Ground Beef
10 slices	cheese slices
10 leaves	lettuce
10 slices	Tomato

20 mini burger buns
buns

10 tbsp special sauce

Directions

Step 1

Grilling

Preheat the grill or stovetop griddle.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Shape the ground beef into small patties.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Grilling

Grill the patties for 2-3 minutes on each side or until cooked to desired doneness.

Prep Time: 0 mins

Cook Time: 6 mins

Step 4

Place a cheese slice on each patty and allow it to melt.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Grilling

Toast the mini burger buns on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Assemble the mini burgers by placing a patty with cheese on each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Top with lettuce, tomato slices, and special sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Barbecue

Kitchen Tools

Slow Cooker

Blender

Cuisines

French

Course

Salads

Appetizers

Snacks

Main Dishes

Cultural

Chinese New Year

Cost

Under \$10

\$20 to \$30

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

Zone Diet

Vegetarian Diet

Meal Type

Snack

Lunch

Difficulty Level

Medium

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