

Burger Bites

10 Servings • 1 Serving = 2 Burger Bites



INGREDIENTS

- 1 pound 93% ground beef
- ½ teaspoon salt
- ½ teaspoon onion powder
- ¼ teaspoon black pepper
- 1 egg
- 1 head butter lettuce
- 20 cherry tomatoes
- Optional: 20 dill pickle slices
- Ketchup, mayonnaise, and/or mustard

DIRECTIONS

1. Using your hands, gently mix the beef, salt, onion powder, pepper, and egg.
2. Form into 20 small meatballs.
3. Heat the grill pan to medium heat and grill for 3 minutes on each side, or until desired doneness. Finish cooking in the oven at 375°F for 10-12 minutes.
4. Place on skewers with lettuce, tomatoes, and pickles. Serve with ketchup, mayonnaise, and/or mustard for dipping.

Nutrition Facts

10 servings per container
Serving size 2 burger bites

Amount per serving
Calories 80

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 160mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 280mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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