

# Sliders, Ramen

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## **Yield: 10 sliders**

*1 package (3 ounce) beef or pork  
ramen noodles  
1 pound ground beef  
4 green onions, thinly sliced  
2 large hard-cooked eggs  
Sriracha Asian hot chili sauce  
kimchi (optional)*

## **Preparation Time: 40 minutes**

### **Bake: 20 minutes**

Preheat the oven to 350 degrees.

Grease 20 muffin cups.

Cook the noodles according to package directions (saving the seasoning package for the meat mixture). Drain. Divide the noodles among the prepared muffin cups.

Bake until crisp and light golden brown, 20 to 25 minutes. Remove the ramen "buns" from the pans to wire racks to cool.

In a bowl, combine the beef, green onions and reserved seasoning packet. Mix lightly but thoroughly. Shape into ten 2-1/2-inch round patties.

In a nonstick skillet, cook the patties over medium heat for 4 to 6 minutes on each side until a thermometer reads 160 degrees.

Cut each egg into five slices.

Serve the burgers on the ramen with the egg, chili sauce and, if desired, kimchi.

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Per Serving (excluding unknown items): 1582 Calories; 131g Fat (75.7% calories from fat); 89g Protein; 6g Carbohydrate; 2g Dietary Fiber; 810mg Cholesterol; 442mg Sodium. Exchanges: 12 1/2 Lean Meat; 1 Vegetable; 19 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	1582	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	75.7%	Vitamin B12 (mcg):	13.1mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	22.9%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	131g	Folacin (mcg):	114mcg
Saturated Fat (g):	52g	Niacin (mg):	21mg
Monounsaturated Fat (g):	57g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	810mg	% Refuse:	0.0%
Carbohydrate (g):	6g		
Dietary Fiber (g):	2g		
Protein (g):	89g		
Sodium (mg):	442mg		
Potassium (mg):	1327mg		
Calcium (mg):	130mg		
Iron (mg):	10mg		
Zinc (mg):	17mg		
Vitamin C (mg):	11mg		
Vitamin A (i.u.):	791IU		
Vitamin A (r.e.):	191 1/2RE		

## Food Exchanges

Grain (Starch):	0
Lean Meat:	12 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	19
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories	1582	Calories from Fat: 1198
% Daily Values*		
Total Fat	131g	202%
Saturated Fat	52g	261%
Cholesterol	810mg	270%
Sodium	442mg	18%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	6%
Protein	89g	
Vitamin A		16%
Vitamin C		19%
Calcium		13%
Iron		55%

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