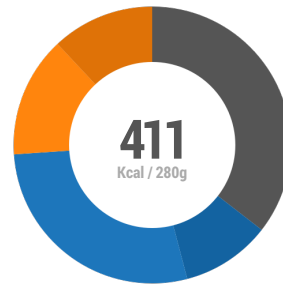
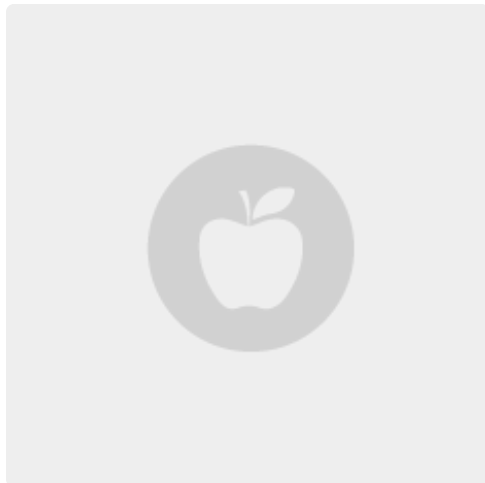


Homemade turkey burger

By Lynch, Evan, F B00796231 from University of Ulster

Overview ...

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WEIGHT:

38.4% Carbs

35.5% Protein

26.1% Fat

Food Labelling...

EU Label values per 280g serving:

Serves **4**

	PER 280G	%RI
Energy(Kj)	1768 kJ	21%
Energy(Kcal)	420 kcal	21%
Fat	12 g	17%
of which saturates	5.5 g	28%
Carbohydrate	39 g	15%
of which sugars	11 g	12%
Fibre	2.9 g	12%
Protein	37 g	74%
Salt	1.2 g	20%

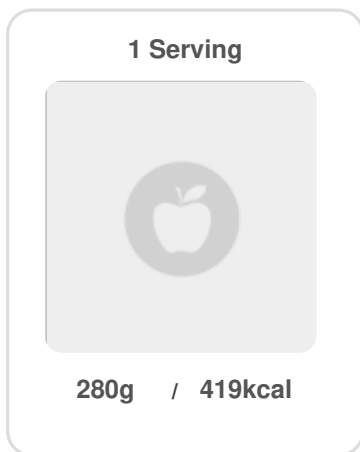
CONTAINS:		
WHEAT	EGGS	MILK
MAY CONTAIN:		
SOYA		

Nutrient Breakdown per 280g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 21% RI	Saturated Fat 27% RI	Vitamin A (ret eq) 20% RI
Energy(Kj) 21% RI	Monounsaturated fat 9% RI	Retinol
411kcal	<i>cis-Mono</i>	82ug
1732kJ	Polyunsaturated fat 15% RI	Carotene
Macronutrients	<i>Omega3(n-3)</i> 3% RI	462ug
Carbohydrate 15% RI	<i>Omega6(n-6)</i> 4% RI	Vitamin D 22% RI
Protein 73% RI	<i>cis-Poly</i>	1.1ug
Fat 17% RI	Trans-fatty acids	Vitamin E 6% RI
Water	Cholesterol	0.76mg
Water from Drinks	Minerals & trace elements	Vitamin K 1 82% RI
Alcohol (0% ABV)	Sodium 20% RI	61ug
Carbohydrate	Potassium 28% RI	Thiamin (B ₁) 21% RI
Starch	Chloride 68% RI	0.24mg
Oligosaccharide	Calcium 19% RI	Riboflavin (B ₂) 25% RI
Fibre 11% RI	Phosphorus 48% RI	0.35mg
NSP	Magnesium 17% RI	Niacin total (B ₃) 118% RI
Sugars 12% RI	Iron 17% RI	Niacin 56% RI
Glucose	Zinc 23% RI	Tryptophan
Galactose	Copper 22% RI	8.9mg
Fructose	Manganese 28% RI	287mg
Sucrose	Selenium 21% RI	Pantothenic Acid (B ₅) 20% RI
Maltose	Iodine 19% RI	1.2mg
Lactose		Vitamin B ₆ 45% RI
		0.63mg
		Folates (B ₉) Total 24% RI
		48ug
		Vitamin B ₁₂ 52% RI
		1.3ug
		Biotin (B ₇) 18% RI
		8.8ug
		Vitamin C 18% RI
		14.1mg
		Other
		GI (estimated)
		77
		GL
		30.3
		Caffeine
		0mg

Recipe Ingredients ...	Quantity:	Description:
Turkey mince, 2% fat	400g	1x Medium Pack
2 eggs	94g	2x Small, size 4
1 small finely diced onion	60g	1x small
Tomatoes, standard, raw	144g	8x slice
Spinach, baby, raw	80g	1x NHS Serving (1 cereal bowl)
Brioche	300g	4x Average serving
Cheese, Mozzarella, 10% fat, Sainsbury	40g	1x Small ball

Portions / Pack Sizes ...



Ingredient List (QUID) ...

2% fat turkey mince (35.8%), Brioche (26.8%) (**Wheat, Eggs, Milk**), Tomatoes (12.9%), **Eggs** (8.4%), Spinach (7.2%), Onions (5.4%), Mozzarella cheese (3.6%) (**Milk**)

Cooking Instructions & Notes

1. Mix together the mince, eggs, onion and squeeze into patties to make the burgers.
2. Don't add salt or seasoning before you fry the burgers - this will make them dry!
3. Turn a griddle pan to high heat, use spray oil if you need to, cook burger on both sides, searing to seal.
4. Once burgers are cooked through, allow them to rest for about 2mins whilst you prep the buns.
5. Open up the brioche, layer on some sliced tomato, lettuce. Pop the burger on top of this and then layer on the mozzarella.
6. Add some low kcal or low fat sauce and enjoy.

RECIPE FACTS:

- high in iron, zinc and B vitamins
- full amino acid compliment

food fact: opting for leaner cuts of meat is advisable when looking at saturated fat intake - saturated fats from

animal sources exert the most damaging effects on your cholesterol levels compared to full fat dairy and plant fat sources.