



# Beef Hamburger Recipe





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2x #24 Scoop (80 gm total)	400 gm (14.1 oz)
PE Beef (PE#21731)	#12 Scoop (80 gm)	400 gm (14.1 oz)
Mustard (smooth)	1 tsp (5 ml)	25 ml (1 fl oz)
Ketchup (smooth)	1 tsp (5 ml)	25 ml (1 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate first #24 Scoop (40 gm) of whole wheat bread, the bottom "bun".



3. Place the #12 Scoop (80 gm) of beef mousse on top of the whole wheat bread. Using the back of the scoop evenly spread the beef mousse over the top of the "bun". If cold plating, make sure to spread out so the plate cover can fit tight.



4. Cover the beef mousse evenly with 1 tsp (5 ml) of mustard and 1 tsp (5 ml) of ketchup (as desired)



5. Finish burger with the second #24 Scoop (40 gm) of whole wheat bread "bun" top.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F



### Variations:

Add bacon mousse (PE#21768) and cheese sauce for a bacon cheeseburger. Use smooth condiments as desired for flavor variations.

## Nutrition Facts Valeur nutritive

Per 1 plate (169g) / par 1 plate (169g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 260	
<b>Fat / Lipides</b> 11g	<b>16%</b>
Saturated / satures 2.5g	
+ Trans / trans 0g	<b>14%</b>
<b>Cholesterol / Cholesterol</b> 15mg	
<b>Sodium / Sodium</b> 670mg	<b>28%</b>
<b>Carbohydrate / Glucides</b> 32g	<b>11%</b>
Fibre / Fibres 4g	<b>17%</b>
Sugars / Sucres 8g	
<b>Protein / Proteines</b> 15g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	4%
Iron / Fer	20%

