

BURGER MIX

LOW PROTEIN HAMBURGER MEAT SUBSTITUTE



Enhancing Lives Together
A Nestlé Health Science Company

350 g



BASIC RECIPE: HAMBURGER

35 g Burger Mix, 45 ml water, 1 teaspoon olive oil, salt and pepper according to taste and dietary allowance

Mix the Burger Mix, water, oil, salt and pepper with a spoon to form a smooth mixture. Shape into flat burgers. Heat sunflower oil in a pan and fry the burger for about 30 seconds on each side.

Food for Special Medical Purposes. For use in the dietary management of inherited metabolic disorders (e. g. Phenylketonuria), or conditions requiring a low protein diet.

- ✓ A great low protein alternative to meat
- ✓ Suitable for preparing hamburgers, bolognese sauce and other savoury recipes

INGREDIENTS: Gluten-free **wheat** starch, maize starch, dextrose, thickener: hydroxypropyl methyl cellulose, guar gum, locust bean gum; vegetable fiber (psyllium), raising agents: glucono-delta-lactone, sodium bicarbonate; vegetable margarine [vegetable oils and fats (palm, palm kernel, rapeseed), water, salt, emulsifier: mono- and diglycerides of fatty acids; natural flavouring], sugar, water, yeast, dried carrots, natural flavouring, parsley, tomato extract, maltodextrin, salt, apple extract, thyme, flavouring, emulsifier: mono- and diglycerides of fatty acids.

Nutrition declaration	100 g	1 Burger* 80 g
Energy	1549 kJ 368 kcal	1034 kJ 249 kcal
Fat	4.6 g	15 g
of which saturates	2.3 g	2.5 g
Carbohydrates	73 g	24 g
of which sugars	8.8 g	2.9 g
Fibre	15 g	5.9 g
Protein	0.9 g	0.2 g
of which Phenylalanine	33 mg	11 mg
of which Tyrosine	22 mg	8 mg
of which Leucine	55 mg	18 mg
Salt	1.0 g	0.36 g
of which Sodium	410 mg	138 mg
Potassium	156 mg	55 mg
Phosphorus	43 mg	14 mg

*based on the basic recipe on the pack:
1 Hamburger = 80g

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BURGER MIX is a food for special medical purposes and must be used under medical supervision.