

# BURGER MIX

## LOW PROTEIN HAMBURGER MEAT SUBSTITUTE

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.



## HIGH FIBRE

- ✓ 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, of which Sodium bicarbonate; vegetable margarine [vegetable oils and fats (palm, palm kernes, rapeseed), water, salt, emulsifier: mono- and diglycerides of fatty acids; natural flavour], sugar, water, yeast, dried carrots, natural flavour, parsley, tomato extract, maltodextrin, salt, apple extract, thyme, flavour, emulsifier: mono- and diglycerides of fatty acids.

Nutrition declaration	100 g	1 Burger* 80 g
Energy	1547 kJ 367 kcal	1253 kJ 301 kcal
Fat	4.6 g	19 g
of which saturates	2.3 g	3.3 g
Carbohydrates	73 g	31 g
of which sugars	8.8 g	3.8 g
Fibre	15 g	4.5 g
<b>Protein</b>	<b>0.9 g</b>	<b>0.5 g</b>
of which Phenylalanine	33 mg	12 mg
of which Tyrosine	22 mg	8 mg
of which Leucine	55 mg	19 mg
Salt	1.0 g	0.40 g
of which Sodium	410 mg	162 mg
Potassium	156 mg	55 mg
Phosphorus	43 mg	15 mg

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

ARTICLE NUMBER	WEIGHT	EAN-CODE
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