

17 Nutritious Hamburger



Tofu, firm	500 ml	2 cups	535 g
Ground pork, extra lean (97262)	1 lbs.		455 g
Red pepper, chopped	60 ml	¼ cup	25 g
Onions, thinly sliced	2		300 g
Eggs, beaten	2		100 g
Sunflower seeds, chopped	125 ml	½ cup	70 g
Soy sauce	30 ml	2 tablespoons	30 g
Thyme, basil, oregano, salt and pepper	1 ml	2 pinches of each	2 g
Hamburger buns	10		710 g
Lettuce leaves	10		250 g

: 10
 : 15 minutes
 : 7 minutes
 : yes

Nutrition Facts	
For 1 hamburger (180 g)	
Amount	% Daily Value
Calories 350	
Fat 14 g	22%
Saturated 3.5 g	
+ trans 0.1 g	18%
Polyunsaturated 4 g	
Omega-6 3.5 g	
Omega-3 0.1 g	
Monounsaturated 2 g	
Cholesterol 65 mg	22%
Sodium 600 mg	25%
Potassium 280 mg	8%
Carbohydrates 34 g	11%
Fibre 5 g	20%
Sugar 3 g	
Protein 23 g	
Vitamin A 24 RE	2%
Vitamin C 2 mg	2%
Calcium 167 mg	15%
Iron 3.7 mg	25%
Phosphorus 277.4 mg	25%

- Combine all ingredients in a bowl.
- Shape into 10 patties.
- Cook in a non-stick frying pan or on the grill for 3 ½ minutes on each side.
- Serve in a hamburger bun.

Chef's Remarks

replacement product : this recipe is also delicious with ground turkey (97272). We even tested the recipe using ground ham to replace the tofu and it was excellent as well.

Canada's Food Guide Portions

¼ serving of vegetables and fruit
 + 2 servings of grain products
 + 1 ¼ servings of meat and alternatives.



Olymel Product Allergens

*Contains : none



Food Exchange System

2 servings of starch
 + 1 serving of vegetables
 + 2 servings of meat and alternatives
 + 1 ½ servings of fat.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)