

28 Halloween Hamburger



Thematic

Butternut squash, finely sliced	1.5 L	6 cups	1.3 kg
Canola oil	30 ml	2 tablespoons	30 g
Ground turkey, extra lean (97272)	2 lbs.		900 g
Eggs	2		100 g
Dijon mustard	10 ml	2 teaspoons	10 g
Garlic cloves, chopped	2		5 g
Ketchup	30 ml	2 tablespoons	30 g
Green peppers, chopped	2		330 g
Multigrain hamburger buns	10		690 g
Yellow cheddar cheese slices	10		310 g
Lettuce leaves	10		250 g

- : 10
- : 10 minutes
- : 8 minutes
- : yes

Nutrition Facts	
For 1 hamburger (305 g)	
Amount	% Daily Value
Calories 430	
Fat 15 g	23%
Saturated 5 g	
+ trans 0.1 g	26%
Polyunsaturated 3.5 g	
Omega-6 1.5 g	
Omega-3 0.4 g	
Monounsaturated 5 g	
Cholesterol 105 mg	35%
Sodium 620 mg	26%
Potassium 580 mg	17%
Carbohydrates 41 g	14%
Fibre 3 g	12%
Sugar 7 g	
Protein 33 g	
Vitamin A 75 RE	8%
Vitamin C 23 mg	40%
Calcium 340 mg	30%
Iron 4 mg	30%
Phosphorus 345.4 mg	30%

- 1 Sauté butternut squash slices in oil for several minutes until crispy.
- 2 Mix other ingredients, except buns and cheese slices.
- 3 Shape into patties that are slightly bigger than the buns.
- 4 On the grill or in a frying pan, grill patties for 4 minutes on each side.
- 5 Open each bun and place meat, yellow cheese slice and lettuce leaf.
- 6 Serve with crispy squash chips.

Chef's Remarks

replacement product : you may replace the turkey with ground pork (97262).

Canada's Food Guide Portions

1 2/3 servings of vegetables and fruit + 2 servings of grain products + 2/3 serving of milk and alternatives + 1 1/3 servings of meat and alternatives.

Olymel Product Allergens

*Contains : none

Food Exchange System

2 servings of starch + 2 servings of vegetables + 3 servings of meat and alternatives + 1 serving 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)