

# Burger Makeover



Original Burger

Cost per serve: \$2.54\*



Makeover Burger

Cost per serve: \$2.30\*

## Easy changes we made for the healthy way

We reduced the cost, energy, saturated fat, salt (sodium) and increased the fibre, vegetable content and portion size by:

- Using wholegrain buns instead of white burger buns
- Making the burger patty instead of using premade patty
- Making tomato sauce instead of bought sauce
- Removing mayonnaise and cheese
- Adding more lettuce, tomato and beetroot



## Ingredients (10 serves)

### Original

White buns	10
Premade burger patties	10
Mayonnaise	150ml
Tomato sauce	150ml
Processed cheese	200g
Tomato	200g
Lettuce	100g

### Makeover

Wholemeal buns (85g)	10
Lean beef mince	500g
Wholemeal breadcrumbs, dried	100g
Eggs	2
Onion, chopped	80g
Carrot, grated	180g
Parsley, chopped	10g
Tomato ketchup (see link below)	150ml
Tomato, sliced	350g
Beetroot, boiled	350g
Red onion	100g
Lettuce	200g

## Method for Makeover

1. Combine ingredients for burger patties – mince, breadcrumbs, egg, onion, carrot, parsley.
2. Lightly pan fry or grill the patties until cooked through.
3. Assemble burgers using the remaining ingredients.

### Tomato Ketchup

Ingredients – canned tomatoes, onion powder, garlic powder, brown sugar, white sugar

<http://www.heartfoundation.org.nz/healthy-living/healthy-recipes/tomato-ketchup>

## Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	2460kJ	1553kJ	907kJ
Saturated fat	16.1g	2.2g	13.9g
Fibre	2.5g	7.9g	5.4g
Sodium (Na)	1233mg	512mg	721mg

\*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>