

VEGETARIAN HEARTY BURGER

Yield 100

Portion 1 Burger

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
409 cal	52 g	21 g	13 g	11 mg	647 mg	244 mg

Ingredient

EGG WHITES
 CHEESE,MOZZARELLA,PART SKIM,SHREDDED
 ONIONS,FRESH,GRATED
 SOY SAUCE
 CEREAL,OATMEAL,ROLLED
 WALNUTS,SHELLED,CHOPPED
 GARLIC POWDER
 SAGE,GROUND
 COOKING SPRAY,NONSTICK
 ROLL,SANDWICH BUNS,SPLIT

Weight

7-1/2 lbs
 4-1/2 lbs
 2-7/8 lbs
 1 lbs
 8-5/8 lbs
 1-5/8 lbs
 2-3/8 oz
 1/4 oz
 2 oz
 9-1/2 lbs

Measure

3 qts 2 cup
 1 gal 1/2 qts
 2 qts 1/4 cup
 1-1/2 cup
 1 gal 2-1/4 qts
 1 qts 2 cup
 1/2 cup
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp
 100 each

Issue

3-1/4 lbs

Method

- 1 Place egg whites, cheese, onions, and soy sauce in mixer bowl. Using a dough hook, mix on low speed 1 minute or until well blended.
- 2 Add oats, walnuts, garlic powder, and sage; mix on low speed 1 minute. Scrape down sides; continue mixing 30 seconds, or until well blended. Refrigerate mixture at least one hour to allow mixture to absorb moisture. CCP: Refrigerate at 41 F. or lower.
- 3 Shape 3-1/2 ounce balls. Place 20 balls on each sheet pan. Cover with parchment paper; flatten into burgers by pressing down with another sheet pan to a thickness of 1/2-inch. Mixture will be very moist and fragile.
- 4 Grill burgers on lightly sprayed griddle at 400 F. for 6 minutes or bake on lightly sprayed sheet pans in a convection oven at 350 F. for 15 to 20 minutes on high fan, open vent or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Serve on buns. CCP: Hold for service at 140 F. or higher.