



HOMEMADE CHEESE BURGERS

15 minutes

25 minutes

1 portion

INGREDIENTS

- 1/2 red onions, halved (35 g)
- 50 grams of lean beef mince
- 1/2 tsp of paprika (1 g)
- 1 gram of olive oil spray
- 1 roll, wholegrain (43 g)
- 1/2 cup shredded of lettuce, (18 g)
- 1/2 tomatoes ,sliced (62 g)
- 10 grams of cheddar cheese, reduced fat
- 5 grams of tomato sauce
- 1 tbsp of low fat mayonnaise (15 g)

COOKING METHOD

- 1° Grate 1/2 the onion & thinly slice the other half. Combine grated onion, mince and paprika in a small bowl. Season with salt and pepper and mix. Form into one thin patty.
- 2° Preheat a non-stick frying pan over medium heat. Spray both sides of the patty with oil. Cook for 2-3 minutes each side or until cooked through. Transfer to plate, cover with foil to keep warm. Spray pan with a little more oil. Cook sliced onion over medium heat for 3-5 minutes.
- 3° Split bread roll in half. Top base with lettuce and tomato. Add beef patty, cheese and onion. Spread sauce and mayo on to slice of roll and replace. Serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (239 g)	% DRI
ENERGY	135 kcal	323 kcal	16 %
FAT	6 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	26 %
CHOLESTEROL	18 mg	42 mg	14 %
SODIUM	188 mg	449 mg	19 %
CARBOHYDRATE	13 g	30 g	10 %
SUGARS	3 g	7 g	—
FIBER	2 g	4 g	15 %
PROTEIN	8 g	18 g	—