

# Butcher's Beef Burger in a Bun

Allergens – **Gluten**, **Sesame**, **Sulphites**

## Ingredients

---

Quantity	Ingredient
20	<b>85g Butchers Beef Burger</b> (For Primary) Code PC-BBC3  (Burger contains <b>Wheat</b> , <b>Sulphites</b> )
20	<b>Burger Buns</b> Brakes bun code 5222  (Buns contain <b>Wheat</b> , traces of <b>Sesame</b> )



Vegetable and/or accompaniment is provided based on current menu

## Method

---

1. Oven bake the beef burger until cooked to a core temperature of 75°C.
2. Fill bun at point of service.

**Note** - Tomato Sauce should be offered as an accompaniment.

### Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 382	= 23.5	= 10.0	= 1.2	= 0.8	= 25.0

**Portion size** - Primary – 1 x **84g** burger.      Bun @ **50g** = **21.3 Carbs**