

Quorn Burger in a Bun

Allergens – **Gluten**, **Eggs**, **Milk**, **Sesame**

Ingredients

Quantity	Ingredient
20	Quorn Burger (Brakes Code 34198) (contains Wheat , Barley , Eggs , Milk)
20	Burger Buns (Brakes code 5222) (contains Wheat , Sesame)



Method

1. Cook Burger using manufactures instructions.
2. Place in Burger Bun at point of service.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 232	= 8.1	= 0.6	= 2.9	= 1.3	= 28.9

Portion size - Primary – Burgers 50g per portion

Buns = 51g Carb