

Loaded Beach Burger

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Veggie burger, purchased, frozen		50 Each		100 Each
Hamburger bun, whole grain rich		50 each		100 each
BBQ sauce, prepared, low sodium		3 1/8 cups		1 1/2 quarts + 1/4 cup
Pineapple ring, canned, drained		50 rings		100 rings
Garnish:				
Romaine lettuce	1 lb.		2 lbs.	
Onion, sliced	1 lb.		2 lbs.	
Pickles, canned, drained		1 quart		2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Bake or steam frozen veggies burgers as directed on the package.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

2. Portion one pineapple ring on the burger. Serve 1 Tbsp. BBQ sauce in individual portion cups or on the side. Wrap and serve with optional garnishes

Serving Information

Each burger provides 2 meat/meat alternates, 2 ounce equivalent grains.

Nutrition Information per sandwich *From USDA Nutrient Database

Calories: 347 Total Fat: 10g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 56g Fiber: 13g Total Sugar: 23g Protein: 19g Sodium: 965mg Vitamin A: 204µg Vitamin C: 69mg Calcium: 125mg Iron: 3mg Folate: 232µg