

Super Burger with Chipotle Mayo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

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
Onion ring, breaded, whole-grain rich		50 each		50 each
Garnish:				
Romaine lettuce	1 lb.		2 lbs.	
Pickles, canned, drained		1 quart		2 quarts
Chipotle Mayo				
Mayo, eggless, like Just Mayo		3 cups		1 ½ quarts
Chipotle chilies in adobo sauce		12 chilies (14 oz.)		24 chilies (1 lb. 12 oz.)
Adobo sauce (save from can of chilies)		1/3 cup		2/3 cup

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 veggie burgers as directed on the package.

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

2. Portion 1 onion ring on each burger. Wrap and serve with optional garnishes.

3. If preparing chipotle mayo: Add the eggless mayo, chipotle chilies and adobo sauce to a blender or processor. Blend/process until smooth, creamy consistency. Portion into individual cups or in a squirt bottle with one tablespoon per serving.

Serving Information

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

Nutrition Information per sandwich *From USDA Nutrient Database

Calories: 233 Total Fat: 7g Saturated Fat: 0g Monounsaturated Fat: 4g Polyunsaturated Fat: 1.5g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 32g Fiber: 7g Total Sugar: 3 Protein: 16g Sodium: 696mg Vitamin A: 38µg

Vitamin C: 2mg Calcium: 60mg Iron: 2mg Folate: 48µg

Nutrition Information Chipotle Mayo (2 Tbsp.) *From USDA Nutrient Database

Calories: 101 Total Fat: 10g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 1.5g Fiber: 0.5g

Total Sugar: 0.5g Protein: 0.5g Sodium: 117mg Vitamin A: 48µg Vitamin C: 10mg Calcium: 0mg Iron: 0mg



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