



## Sunshine burgers

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 oz cornflakes
- ☐ 8 oz ground beef
- ☐ 1 small bunch basil
- ☐ 1 large eggs beaten
- ☐ 3 handfuls flour plain
- ☐ 1 tbsp vegetable oil
- ☐ 6 slices romaine leaves mini
- ☐ 6 servings catsup

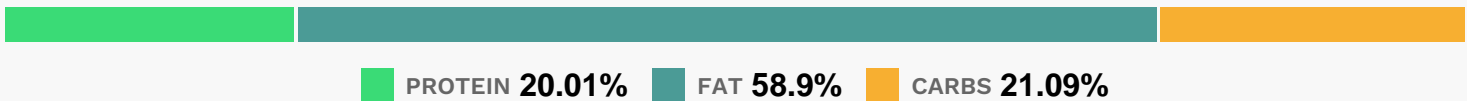
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ rolling pin
- ☐ pastry brush

# Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ First, crush the cornflakes by placing them in a freezer bag, then breaking with the rolling pin. This is fun (but mind your fingers) and try not to bash them to dust, just to rough flakes. Put in a bowl.
- ☐ Tip the mince into another bowl, add the basil and a little ground pepper. For lean mince you may need to add 1 tbsp beaten egg to help it bind (stick together), then mix it well. Put some flour on a plate and some beaten egg on another plate.
- ☐ Take about a sixth of the mince mix and shape it into a small burger. Do this by squashing it quite firmly in the palm of your hand. (Burger-shaping will transfer a skill your child may have from playing with modelling clay to the kitchen as they create a ball in their palm, then squash it into a flatter patty.)
- ☐ Next roll the burger in the flour. Then roll it all over in a little egg. Then roll it quite liberally in the crushed cornflakes. Now place it on the oiled baking sheet and start the process again until you have used up all the mix. Try to keep the sizes even so that the burgers cook in the same time.
- ☐ Lightly drip oil onto the top of each burger using a pastry brush and bake in the centre of the oven for 15-20 mins until cooked through.
- ☐ Serve the burgers in the split buns with lettuce, tomato slices and some ketchup.

# Nutrition Facts



# Properties

Glycemic Index:24.17, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:7.015217423439%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 162.26kcal (8.11%), Fat: 10.67g (16.41%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.34g (3.03%), Sugar: 3.69g (4.1%), Cholesterol: 57.84mg (19.28%), Sodium: 208mg (9.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.31%), Vitamin B12: 1.12µg (18.66%), Vitamin B3: 2.71mg (13.55%), Iron: 2.37mg (13.18%), Selenium: 8.9µg (12.72%), Vitamin B6: 0.25mg (12.39%), Zinc: 1.78mg (11.84%), Vitamin B2: 0.2mg (11.48%), Vitamin K: 10.86µg (10.34%), Phosphorus: 86.52mg (8.65%), Vitamin A: 350.71IU (7.01%), Folate: 26.98µg (6.75%), Vitamin B1: 0.09mg (6%), Potassium: 170.05mg (4.86%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.34mg (3.4%), Magnesium: 12.31mg (3.08%), Copper: 0.06mg (2.85%), Manganese: 0.05mg (2.53%), Vitamin D: 0.37µg (2.5%), Vitamin C: 2.03mg (2.46%), Calcium: 16.75mg (1.68%)