



Veggie burger and Beef burger - compare the nutrition

My Recipes

Compare the nutrition of a veggie burger and a beef burger

Veggie burger

Serves 4

Ingredients

1 carrot, diced
1 onion, sliced
1 celery stick, finely sliced
1 garlic clove, finely chopped
1 small leek, finely sliced
6 tbsp oil
1 x 400g canned kidney beans, washed and drained
200g brown rice, boiled
2 tbs parsley, chopped
Salt and pepper

Method

1. Cook the rice in boiling water.
2. Fry the carrot, onion, celery, garlic and leek in 3 tbs oil until soft.
3. Add kidney beans and cooked rice and stir into the vegetables. Mash everything and add salt and pepper.
4. Cool and shape into patties 8 cm across and 2 cm deep.
5. Heat the rest of the oil and fry the veggie burgers for 3-4 minutes each side until golden brown and crisp.
6. Serve with a bun or baked potato.

Beef burger

Serves 4

Ingredients

900g minced beef
1 pinch salt
fresh ground black pepper
2 tbsp vegetable oil

Method

1. Mix together the beef, salt and pepper.
2. Shape into 4 burgers.
3. Heat the oil and fry the burgers for 4-6 minutes each side.
4. Serve with a bun or baked potato.

Use The Nutrition Program

- Enter the ingredients for the veggie burgers and beef burgers into My Recipes – they both serve 4.
- Fill in the charts to show the amount of nutrients in 100g and a portion for each burger.



Veggie burger and Beefburger - compare the nutrition

Veggie burger		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		

Beef burger		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		

To do

1. Which burger has

The highest kcal?

The most protein?

The most carbohydrate?

The most fat?

The highest saturated fat?

The most fibre?

The most salt?

2. Make another recipe and enter the results in the Nutrition Program. Is this recipe healthier?

4. Which burger would you recommend to a friend and why?

Extension work

Add a burger bun to each portion. How does that change the nutrition?

Remove the bun and add a baked potato. How does that change the nutrition?

Which is the best choice - a bun or a baked potato? Give your reasons.