

VEGGIE BURGERS

Recipe makes
8 servings

Prep time
15 minutes

Cook time
10 minutes



NUTRITION INFO PER SERVING (1 burger)

Calories 160

Protein 1.3 g

Phenylalanine 50 mg

INGREDIENTS

- 1 large zucchini, chopped
- 1 medium carrot, peeled and chopped
- 1 small onion, peeled and chopped
- 1 cup sweet potato, peeled and diced
- 1 Tbsp fresh parsley, chopped
- 2 tsp dried mixed herbs
- Salt to taste
- Black pepper to taste
- 1 3/4 cups (200 g) low protein baking mix, divided
- 2 Tbsp olive oil, divided

DIRECTIONS

- 1 Place vegetables into a food processor and pulse until finely grated and combined.
- 2 Place vegetables into a mixing bowl with herbs, salt and pepper. Stir to combine.
- 3 Add 1/2 of the low protein baking mix to the vegetables, stir to combine. Add remaining low protein baking mix; gently stirring until it is well combined with the vegetables.
- 4 Dust hands with a little of the low protein baking mix. Gently take the vegetable mixture out of the bowl and shape into a large ball. Cut in half, and then quarter each half. You will now have 8 even-sized portions.
- 5 Heat 1 Tbsp of oil in a medium-sized non-stick frying pan. Take one of the vegetable portions; roll it into a ball, slightly flatten, and place into the pan. Repeat with 3 more portions. Cook for 2–3 minutes; until golden brown. Flip each, cooking the other side for 2–3 minutes. Remove vegetable patties from pan and repeat with the remaining uncooked vegetable portions.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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