

**Recipe makes**  
4 sandwiches

**Prep time**  
90 minutes

**Baking time**  
25-30 minutes



## NUTRITION INFO PER SERVING

(1 sandwich)

**Calories** 430

**Protein** 2.6 g

**Phenylalanine** 78 mg

**Leucine** 133 mg

## INGREDIENTS

### BBQ pulled jackfruit:

1 can (480 g) jackfruit in brine

1 cup (180 g) low protein  
barbecue sauce

1/2 cup (100 g) red onion,  
finely chopped

1 tsp paprika

1/2 tsp ground cumin

1/2 tsp minced garlic

2 Tbsp water

1 Tbsp vegetable oil

### Low protein buns:

3/4 cup (180 ml) warm water

2 Tbsp vegetable oil, divided

1 Tbsp (12 g) dried yeast

1 Tbsp (9 g) psyllium husk

1 Tbsp (12 g) sugar

2 1/4 cups (240 g) low protein  
flour

## DIRECTIONS

### For the BBQ pulled jackfruit:

- 1 Drain and rinse jackfruit, remove core and shred in a bowl.
- 2 Add barbecue sauce, onion, spices, and water; stir until jackfruit is coated.
- 3 Cover and place in the refrigerator to marinate for 1 hour.
- 4 While the jackfruit is marinating, make the low protein buns.
- 5 When ready to cook the jackfruit, heat oil in a large frying pan over medium-high heat.
- 6 Add jackfruit and cook for 10 minutes, stirring frequently.
- 7 Remove from heat and serve on a low protein bun.

### For the low protein buns:

- 1 In a bowl add water, 1 Tbsp oil, yeast, psyllium husk, and sugar. Mix well and allow to stand for 5 minutes until mixture thickens.
- 2 Place low protein flour into a separate bowl. Stir and make a small well in the middle.
- 3 Add psyllium husk mixture to the flour. Use your hands to combine, until a dough is formed.
- 4 Knead dough for 3-5 minutes in the bowl. Cover with plastic wrap and leave to proof for 30 minutes.
- 5 Preheat oven to 400° F.
- 6 Line a baking tray with parchment.
- 7 Divide the dough into four equal parts; and shape each into a round bread bun.
- 8 Place buns on the lined baking tray, brushing the tops with oil.
- 9 Bake in the preheated oven for 25-30 minutes, or until browned and crisp. The bases should sound hollow when tapped. Cool on a wire rack.

**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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