

Ru Burger Slider

Chef Andy Ruszczyk

RECIPE MAKES: 50 SERVINGS

INGREDIENTS

- 10 lb. ground turkey 85/15
- 5 large eggs
- 2 oz. Worcestershire sauce
- ½ oz. garlic powder
- 8 cups bread crumbs, plain
- 50 mini slider rolls
- ½ oz. table salt
- ½ oz. pepper
- 50 oz. Ru Burger Sauce
- 4 medium onions, diced
- 4 medium green peppers, diced

Optional Side Salad:

- 250 oz. shredded lettuce
- 50 oz. tomato
- 50 oz. balsamic vinegar
- 50 oz. onion, sliced
- 50 oz. cucumber, sliced

NUTRITION INFO

Nutrition Facts			
Serving Size: 1 Slider with side salad(416.8g)			
Servings: 1			
Amount Per Serving			
Calories 500	Calories from Fat 180		
% Daily Value*			
Total Fat 20g	30%		
Saturated Fat 4.5g	23%		
Trans Fat 0g			
Polyunsaturated Fat 4.5g			
Monounsaturated Fat 6g			
Cholesterol 115mg	38%		
Sodium 660mg	28%		
Total Carbohydrate 48g	16%		
Dietary Fiber 5g	21%		
Sugars 12g			
Protein 34g			
Vitamin A 220%	• Vitamin C 50%		
Calcium 15%	• Iron 25%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PREPARATION

1. Mix all ingredients together and form into 4 oz. burgers
2. Place on an oiled baking sheet
3. Roast in oven at 350°F for 1 hour
4. Put 10-12 burgers in roasting pans and cover with sauce
5. Cover with sliced peppers and onions
6. Roast for 2.5 hours at 350°F
7. Place in cooler when finished, cool properly
8. Reheat same way in over for service
9. Serving: toast costanza slider roll, add 4 oz. burger with sauce, toothpick and cut in half

Healthy Options

