

# Yumburger Sliders (Low Protein)

*This customizable mixture can be made into a burger patty, meatball, or as crumbles that can be used as a taco filling or sausage to top your favorite pasta dish.*

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>8 SERVINGS</b> | <b>PREP TIME</b><br><b>20 MIN</b> | <b>TOTAL TIME</b><br><b>40 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

1 packet McCormick Gluten-Free Brown Gravy  
 1 cup Water  
 1 Tbsp Worcestershire Sauce  
 ¼ each Onion, roughly chopped  
 4 oz. Zucchini, roughly chopped (about ½ medium)  
 8 oz. Mushrooms, quartered  
 3 cups Low Protein Breadcrumbs (about 18 slices Rudi's Gluten-Free Homestyle Original)  
 1 Tbsp Garlic Powder  
 1 tsp Smoked Paprika  
 1 tsp Kosher Salt  
 ¼ tsp Black Pepper, ground  
 3 Tbsp Olive or Canola Oil

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line two half-sheet trays with parchment paper.
2. Prepare gravy by combining the mix with 1 cup water in a microwave-safe bowl. Microwave for one minute, then whisk and return to the microwave for one more minute. Whisk in the Worcestershire sauce and set aside.
3. Add the roughly chopped onion, zucchini, and mushrooms to a food processor and pulse until finely minced. Stop and scrape down the bowl with a spatula as needed to ensure the pieces are fairly evenly sized. The texture should be similar to that of ground beef crumbles. Remove the vegetables to a large bowl and set aside.
4. Add the breadcrumbs, garlic powder, smoked paprika, salt, and pepper to the vegetable mixture and, using a rubber spatula, mix thoroughly.
5. Add the prepared gravy mixture and stir until well mixed and evenly coated.

Simplified Diet  
Protein

Serving

0.9g

Recipe

7g

## CHEF'S NOTES

**Serving size: 2 sliders (4oz total)**

The seasonings can be adjusted to suit needs. For tacos, use your favorite taco seasoning or spices. For Italian sausage, add more garlic, Italian seasoning, fennel and red pepper flakes.

To make breadcrumbs, dry out your bread in a low oven (200 -250°F) on a sheet tray until very dry and crisp. Let cool and then break into smaller pieces that can be added to a food processor. Pulse until the desired texture is reached. Store in an airtight container in the freezer.

6. Use a 2 oz. cookie scoop to portion out the mixture onto one of the parchment-lined sheet trays. You should make about 16 portions. Using clean hands, flatten each ball to form a ½" thick patty.
7. Heat a large nonstick skillet over medium-low heat, and once hot, add 1 tablespoon of the oil, swirling to coat the pan. Add the slider patties in a single layer, being careful not to overcrowd the pan. You will need to cook the patties in multiple batches. Add the remaining oil, 1 Tbsp at a time for each additional batch of patties.
8. Cook until browned and crisp on the first side, about 2-4 minutes before flipping to finish on the second side. Transfer the cooked patties to the second parchment-lined sheet tray and place in the preheated oven for about 10 minutes to ensure they are hot all the way through with a crispy exterior.
9. Enjoy immediately or freeze for later.

| <b>Nutrition Facts</b>                                                                                                                                              |                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 8 servings per container                                                                                                                                            |                              |
| <b>Serving size</b>                                                                                                                                                 | <b>2 sliders/4oz. (172g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                           |                              |
| <b>Calories</b>                                                                                                                                                     | <b>250</b>                   |
| % Daily Value*                                                                                                                                                      |                              |
| <b>Total Fat</b> 9g                                                                                                                                                 | <b>12%</b>                   |
| Saturated Fat 0g                                                                                                                                                    | <b>0%</b>                    |
| Trans Fat 0g                                                                                                                                                        |                              |
| <b>Cholesterol</b> 0mg                                                                                                                                              | <b>0%</b>                    |
| <b>Sodium</b> 680mg                                                                                                                                                 | <b>30%</b>                   |
| <b>Total Carbohydrate</b> 44g                                                                                                                                       | <b>16%</b>                   |
| Dietary Fiber 3g                                                                                                                                                    | <b>11%</b>                   |
| Total Sugars 4g                                                                                                                                                     |                              |
| Includes 2g Added Sugars                                                                                                                                            | <b>4%</b>                    |
| <b>Protein</b> 1g                                                                                                                                                   |                              |
| Vitamin D 0mcg                                                                                                                                                      | 0%                           |
| Calcium 20mg                                                                                                                                                        | 2%                           |
| Iron 0.2mg                                                                                                                                                          | 2%                           |
| Potassium 280mg                                                                                                                                                     | 6%                           |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                              |

CONTAINS: ANCHOVIES, SOY

Recipe adapted from *Emory Metabolic Camp*, Yumburgers



goldringcenter.tulane.edu



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