

## Low-Fat Ground Beef Patties



### Nutrition Content per 100 g

<b>Calories</b>	200 kcal
<b>Total Fat</b>	11 g
Saturated Fat	4.5 g
Trans Fat	0.5 g
Cholesterol	70 mg
<b>Total Carbohydrates</b>	0 g
Dietary Fiber	0 g
Sugars	0 g
<b>Protein</b>	24 g
Calcium	49 mg
Magnesium	27 mg
Phosphorus	210 mg
Potassium	350 mg
Sodium	390 mg
Iron	2 mg
Vitamin A	6 IU
Vitamin C	0 mg

Ingredients	% Weight
Beef, low-fat, 90% lean	85.20
Water	10.00
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	4.00
Salt	0.50
Tripolyphosphate	0.30

### Procedure

1. Hydrate the whey protein concentrate and tripolyphosphate in water with mechanical mixer for 15 minutes.
2. Refrigerate this slurry overnight at 4°C (39°F).
3. Add slurry and salt to meat.
4. Mix thoroughly and grind through 9.5 mm (0.4") plate, then through 4.5 mm (0.2") plate.