

Homemade Big Mac



This is my homemade spin on the Big Mac — minus the mystery ingredients and the food coma. Think: juicy extra-lean beef, a creamy yogurt-based special sauce, crisp lettuce, pickles, and just enough melty cheese to make it feel indulgent. It's everything you crave in a Big Mac, but with more protein and less saturated fat. A version very much approved by our dietitians! Perfect for a quick dinner, it pairs wonderfully with our [zucchini fries](#).

Preparation 15 min

Cooking 6 min

Servings 2

Nutrition Facts (per serving)

Calories 770

Fat 34

Carbohydrates 53

Fibre 4

Protein 63

Sodium 1580

Ingredients

Big Mac Sauce

- 30 ml (2 tbsp) plain 0% Greek yogurt

- 30 ml (2 tbsp) light mayonnaise
- 30 ml (2 tbsp) yellow mustard
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) apple cider vinegar
- 5 ml (1 tsp) pickle juice
- 1.5 ml (¼ tsp) paprika

Burgers

- 300 g (10 oz) extra lean ground meat of choice (chicken, turkey, or beef)
- 15 ml (1 tbsp) olive oil
- 4 low-fat cheddar slices
- 3 sesame burger buns
- 60 ml (¼ cup) diced white onion
- 2 large pickles, cut into round slices
- 125 ml (½ cup) shredded iceberg lettuce

Preparation

1. In a small bowl, mix the sauce ingredients. Set aside.
2. Divide the meat into 4 equal portions and shape into thin, wide patties.
3. In a large non-stick skillet, heat the oil over medium-high heat. Cook the patties for 2 to 3 minutes per side, until nicely browned and the internal temperature reaches 71°C (160°F). Remove from heat and place a slice of cheese on each patty.
4. Split one hamburger bun in half. Slice the top half horizontally to create a slice equal in height to the bottom half (middle slices). Reserve the rounded top for another use.
5. In a dry skillet, lightly toast all the bun slices.
6. Spread sauce on the bottom buns and the middle slices. Top with chopped onion, pickle slices, lettuce, and one cheese-topped patty.
7. Assemble each burger: bottom bun with patty and toppings, middle slice with second patty and toppings, then finish with the top bun. Serve immediately.

Notes

The patties and sauce can be stored separately in the refrigerator for up to 4 days in airtight containers. The patties can be frozen for up to 3 months. Assemble the burgers just before serving for best results.

For an even lighter version: use one slice of cheese instead of two for less sodium, skip the middle bun, and go for a whole grain bun to add more fiber.



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