



Asian Tuna Burgers

 Dairy Free

READY IN



51 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds tuna steaks cut into 1-inch cubes
- ☐ 0.5 cup cilantro sprigs
- ☐ 1.5 cups cucumber english thinly sliced
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.5 cup green onions minced
- ☐ 1.5 teaspoon juice of lime fresh
- ☐ 0.3 teaspoon lime rind grated
- ☐ 1.5 tablespoons lower-sodium soy sauce

- ☐ 6 tablespoons canola mayonnaise
- ☐ 0.8 cup onion red vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 9.6 ounce sandwich buns
- ☐ 4.5 tablespoons seasoned rice vinegar divided
- ☐ 1 teaspoon sugar divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ slotted spoon

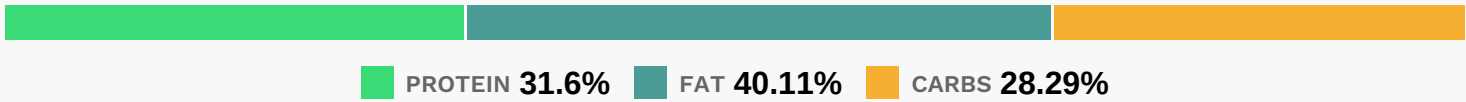
Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 3 ingredients in a small bowl. Cover and chill.
- ☐ Dissolve 1/4 teaspoon sugar in 3 tablespoons vinegar in a medium bowl, stirring with a whisk.
- ☐ Add cucumber and red onion; toss to coat. Cover and chill.
- ☐ Place tuna in a food processor; pulse until finely chopped.
- ☐ Combine chopped tuna, green onions, next 3 ingredients (through salt), 1 1/2 tablespoons vinegar, and 3/4 teaspoon sugar in a bowl. Divide mixture into 6 equal portions with moist hands, shaping each into a 1/2-inch-thick patty. Press thumb in center of patty, leaving a nickel-sized indentation.
- ☐ Place patties on grill rack coated with cooking spray; grill 4 minutes. Turn patties over; grill 4 minutes or until desired degree of doneness.
- ☐ Remove from grill; cover and let stand 5 minutes.
- ☐ Spread 1 tablespoon mayonnaise mixture evenly on cut sides of each bun. Top bottom halves of buns with patties. Spoon cucumber mixture evenly on top of patties, using a slotted spoon. Arrange cilantro evenly over cucumber mixture. Cover with bun tops.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.35, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:28.837391335031%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 414.55kcal (20.73%), Fat: 18.07g (27.81%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 26.84g (9.76%), Sugar: 3.1g (3.45%), Cholesterol: 48.97mg (16.32%), Sodium: 624.47mg (27.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.08%), Vitamin B12: 10.71µg (178.5%), Selenium: 59.78µg (85.4%), Vitamin B3: 11.9mg (59.5%), Vitamin A: 2686IU (53.72%), Vitamin K: 48.83µg (46.5%), Vitamin D: 6.49µg (43.28%), Phosphorus: 359.8mg (35.98%), Vitamin B1: 0.52mg (34.36%), Vitamin B6: 0.58mg (29.16%), Vitamin B2: 0.47mg (27.81%), Magnesium: 79.97mg (19.99%), Iron: 3mg (16.68%), Manganese: 0.32mg (15.94%), Vitamin B5: 1.53mg (15.28%), Folate: 59.86µg (14.96%), Potassium: 455.66mg (13.02%), Vitamin E: 1.9mg (12.65%), Copper: 0.21mg (10.42%), Zinc: 1.29mg (8.61%), Fiber: 1.83g (7.3%), Calcium: 71.31mg (7.13%), Vitamin C: 4.59mg (5.57%)