



Fresh Tuna Burgers with Mango-Jalapeño Jam



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon green onion tops minced
- ☐ 4 servings mango-jalapeño jam
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1.3 pounds tuna fillets cut into 1-inch cubes

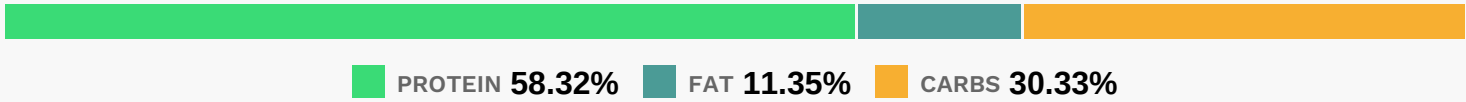
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place fillets and next 4 ingredients in a food processor; process until fish is finely chopped. Shape fish mixture into 4 (4-inch) patties.
- ☐ Brush patties evenly on each side with oil.
- ☐ Place on grill rack coated with cooking spray. Cover and grill 2 minutes on each side.
- ☐ Serve with Mango–Jalapeo Jam.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:7.49, Inflammation Score:-4, Nutrition Score:15.820434787999%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 194.07kcal (9.7%), Fat: 2.36g (3.63%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 13.89g (5.05%), Sugar: 9.75g (10.83%), Cholesterol: 51.03mg (17.01%), Sodium: 552.44mg (24.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.53%), Selenium: 96.53µg (137.9%), Vitamin B3: 14.11mg (70.53%), Vitamin B12: 3.64µg (60.72%), Vitamin B6: 0.46mg (23.13%), Phosphorus: 202.8mg (20.28%), Iron: 2.53mg (14.08%), Vitamin D: 1.7µg (11.34%), Magnesium: 35.54mg (8.88%), Vitamin B2: 0.14mg (8.16%), Potassium: 278.69mg (7.96%), Zinc: 0.97mg (6.5%), Copper: 0.09mg (4.57%), Vitamin E: 0.65mg (4.37%), Vitamin K: 4.09µg (3.9%), Vitamin B1: 0.05mg (3.17%), Calcium: 31.72mg (3.17%), Manganese: 0.06mg (2.81%), Folate: 9.94µg (2.49%), Vitamin C: 2.04mg (2.48%), Vitamin B5: 0.22mg (2.24%), Vitamin A: 96.09IU (1.92%), Fiber: 0.29g (1.17%)