



Grilled Tuna Burgers with Spicy Mayo

READY IN



65 min.

SERVINGS



4

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 medium boston lettuce leaves
- 4 servings mirin dry for serving
- 1 eggs lightly beaten
- 4 hamburger buns split seeded
- 1 heirloom tomatoes sliced
- 1 teaspoon honey
- 4 servings kosher salt and pepper black freshly ground
- 1 teaspoon juice of lemon
- 1 tablespoon soya sauce low-sodium

- 1 cup mayonnaise
- 0.5 cup panko breadcrumbs
- 0.3 cup bell pepper diced red finely
- 0.3 teaspoon pepper flakes red crushed
- 2 scallions finely sliced
- 4 grilled scallions chopped
- 1 tablespoon sesame oil toasted
- 0.5 cup cup heavy whipping cream sour
- 1.5 tablespoons sriracha
- 1 pound sushi-grade tuna diced finely
- 4 servings vegetable oil for cooking

Equipment

- frying pan
- mixing bowl
- grill

Directions

- Add the sesame oil, soy sauce, red pepper flakes and egg to a large mixing bowl.
- Mix well, then fold in the tuna, red bell pepper and scallions.
- Mix well to coat everything evenly.
- Sprinkle with salt and fold in the panko breadcrumbs to lightly bind everything. Carefully form the mixture into 4 even-size patties and set on a platter. Refrigerate so the patties firm up and hold their shape when cooked, 15 to 20 minutes.
- Heat a large nonstick skillet over high heat. Coat the pan with a little vegetable oil and cook the tuna patties 3 minutes per side (when done, the patties will be browned on the outside and medium-rare in the center).
- Grill the hamburger buns over high heat until well charred and crispy.
- Serve the tuna burgers slathered with the Spicy Sriracha Mayo, lettuce leaves and tomato slices on the toasted, seeded hamburger buns, paired with the dry Riesling.

Combine the mayonnaise, sour cream, Sriracha, sesame oil, lemon juice, honey and scallions in a large mixing bowl. Stir well to combine, season with salt and pepper and place in the refrigerator until ready to serve.

Nutrition Facts

PROTEIN 13.59% **FAT 68.89%** **CARBS 17.52%**

Properties

Glycemic Index:82.57, Glycemic Load:14.51, Inflammation Score:-9, Nutrition Score:30.033913031868%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 1002.89kcal (50.14%), Fat: 69.37g (106.72%), Saturated Fat: 13.17g (82.32%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 37.25g (13.54%), Sugar: 8.26g (9.17%), Cholesterol: 122.23mg (40.74%), Sodium: 1176.33mg (51.14%), Alcohol: 14.06g (100%), Alcohol %: 3.49% (100%), Protein: 30.8g (61.59%), Vitamin K: 176.66µg (168.24%), Selenium: 96.47µg (137.82%), Vitamin B3: 14.08mg (70.39%), Vitamin B12: 3.25µg (54.2%), Vitamin A: 1609.54IU (32.19%), Vitamin C: 25.03mg (30.34%), Phosphorus: 295.84mg (29.58%), Vitamin E: 4.26mg (28.43%), Iron: 4.76mg (26.42%), Vitamin B6: 0.53mg (26.35%), Vitamin B1: 0.39mg (26.31%), Vitamin B2: 0.41mg (24.32%), Folate: 96.43µg (24.11%), Manganese: 0.48mg (23.77%), Calcium: 160.3mg (16.03%), Potassium: 534.03mg (15.26%), Magnesium: 57.47mg (14.37%), Zinc: 1.72mg (11.44%), Vitamin D: 1.69µg (11.29%), Fiber: 2.43g (9.71%), Copper: 0.19mg (9.4%), Vitamin B5: 0.69mg (6.87%)