



 **100%**
HEALTH SCORE

Luna Sea Burger

 Very Healthy

READY IN



35 min.

SERVINGS



3

CALORIES



1114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs plus more if needed
- 2 ounces basil leaves fresh
- 1 tablespoon garlic minced
- 1 tablespoon hot sauce
- 1 pinch kosher salt and pepper black freshly ground
- 0.3 cup olive oil
- 0.3 cup orange juice
- 0.3 cup parmesan

- 6 sheets phyllo dough
- 2 cups pistachios shelled toasted for 3 minutes
- 14 ounces salmon fillet fresh

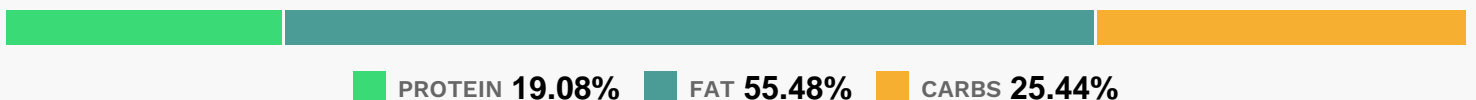
Equipment

- food processor
- bowl
- baking sheet
- oven
- blender

Directions

- Watch how to make this recipe.
- Preheat the oven to 500 degrees F.
- Remove the skin and any bones from the salmon and cut into small pieces.
- Add to a food processor and pulse until finely chopped.
- Remove and add to a large bowl.
- Put the pistachios, basil, orange juice, Parmesan, olive oil, garlic, hot sauce and a pinch of salt and pepper in a blender or food processor and puree.
- Add 1/2 cup of pesto per pound of salmon and stir in the breadcrumbs until incorporated.
- Add some more breadcrumbs if the mixture is too moist to hold together. Cook a small piece of the burger mixture and test for taste and consistency.
- Portion the burger mixture into 6-ounce patties, arrange on a baking sheet and bake for 7 minutes.
- Remove from the oven and then wrap each burger in phyllo dough. Return the burgers to the oven at the same temperature for 7 more minutes. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:11.42, Inflammation Score:-9, Nutrition Score:54.449565194223%

Flavonoids

Cyanidin: 6.01mg, Cyanidin: 6.01mg, Cyanidin: 6.01mg, Cyanidin: 6.01mg Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 1114.49kcal (55.72%), Fat: 70.14g (107.91%), Saturated Fat: 10.71g (66.97%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 61.15g (22.24%), Sugar: 10.52g (11.69%), Cholesterol: 78.43mg (26.14%), Sodium: 755.9mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.29g (108.58%), Vitamin B6: 2.62mg (130.81%), Vitamin B1: 1.6mg (106.75%), Selenium: 74.29µg (106.12%), Manganese: 1.79mg (89.47%), Vitamin K: 92.96µg (88.54%), Phosphorus: 830.84mg (83.08%), Copper: 1.62mg (81.05%), Vitamin B3: 15.71mg (78.53%), Vitamin B12: 4.43µg (73.88%), Vitamin B2: 0.96mg (56.67%), Potassium: 1709.75mg (48.85%), Iron: 8.11mg (45.06%), Fiber: 11.21g (44.84%), Magnesium: 177.74mg (44.44%), Folate: 166.84µg (41.71%), Vitamin E: 4.72mg (31.48%), Calcium: 311.93mg (31.19%), Vitamin B5: 3.08mg (30.79%), Vitamin A: 1504.04IU (30.08%), Vitamin C: 22.4mg (27.15%), Zinc: 3.79mg (25.25%)