



Tangy tuna burgers

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 200 g tuna steaks fresh
- 1 garlic clove finely chopped
- 1 small knob ginger fresh peeled finely chopped
- 1 tbsp soya sauce
- 1 handful cilantro leaves chopped
- 1 tbsp unrefined sunflower oil
- 1 leaves hawaiian rolls sliced

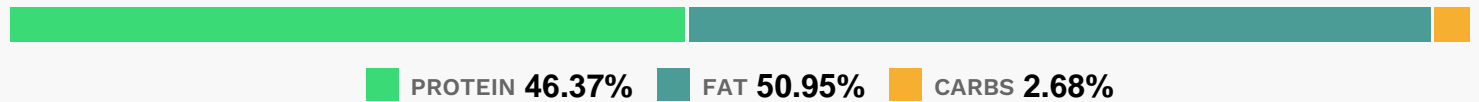
Equipment

- bowl
- frying pan

Directions

- Chop the tuna into small chunks, then carry on chopping until the tuna is roughly minced. Tip the tuna into a bowl and mix with the garlic, ginger, soy sauce and coriander. Shape into two burgers, place on a plate, then freeze for 10 mins to firm up.
- Heat the oil in a non-stick frying pan, then cook the burgers for 1-2 mins on each side or until done to your liking.
- Serve the burgers in toasted buns with lettuce, tomato and avocado.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:19.980869617151%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 215.77kcal (10.79%), Fat: 11.95g (18.38%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.23g (0.26%), Cholesterol: 38mg (12.67%), Sodium: 545.45mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Vitamin B12: 9.43µg (157.18%), Selenium: 36.94µg (52.78%), Vitamin A: 2318.1IU (46.36%), Vitamin B3: 9.07mg (45.33%), Vitamin D: 5.7µg (38%), Phosphorus: 269.63mg (26.96%), Vitamin E: 3.93mg (26.2%), Vitamin B6: 0.5mg (24.78%), Vitamin B1: 0.25mg (16.9%), Vitamin B2: 0.27mg (15.95%), Magnesium: 54.83mg (13.71%), Vitamin B5: 1.11mg (11.09%), Potassium: 290.2mg (8.29%), Iron: 1.32mg (7.31%), Vitamin K: 6.63µg (6.31%), Copper: 0.11mg (5.44%), Manganese: 0.1mg (4.87%), Zinc: 0.67mg (4.48%), Calcium: 14.65mg (1.47%), Folate: 5.43µg (1.36%), Vitamin C: 1.04mg (1.26%)