



Thirty-Minute Baked Tuna Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 0.8 teaspoon garlic salt
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup onion minced
- ☐ 0.5 cup tomatoes diced drained
- ☐ 12 ounce tuna in water drained canned

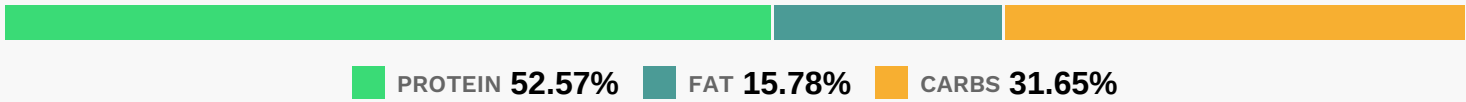
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray a baking sheet with cooking spray.
- ☐ Mix tuna, egg, bread crumbs, garlic salt, and black pepper and fold in diced tomatoes and onion. Form the mixture into 4 patties and place onto prepared baking sheet.
- ☐ Bake in the preheated oven until burgers are golden brown and crisp, about 10 minutes per side.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:14.401739151581%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 154.21kcal (7.71%), Fat: 2.62g (4.04%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.72g (3.9%), Sugar: 1.79g (1.99%), Cholesterol: 71.54mg (23.85%), Sodium: 738.16mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.35%), Selenium: 64.52µg (92.17%), Vitamin B3: 9.47mg (47.34%), Vitamin B12: 2.33µg (38.85%), Phosphorus: 168.73mg (16.87%), Vitamin B6: 0.34mg (16.78%), Iron: 2.39mg (13.27%), Manganese: 0.24mg (12.12%), Vitamin B1: 0.17mg (11.5%), Vitamin B2: 0.18mg (10.68%), Vitamin D: 1.24µg (8.27%), Magnesium: 30.6mg (7.65%), Potassium: 256.8mg (7.34%), Folate: 27.8µg (6.95%), Zinc: 0.95mg (6.36%), Vitamin A: 265.96IU (5.32%), Calcium: 52.82mg (5.28%), Copper: 0.1mg (5.25%), Fiber: 1.13g (4.51%), Vitamin B5: 0.4mg (4.05%), Vitamin C: 3.29mg (3.99%), Vitamin E: 0.51mg (3.43%), Vitamin K: 3.42µg (3.26%)