

Tuna Burger

READY IN



20 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs
- ☐ 0.5 cup celery finely chopped
- ☐ 2 large eggs lightly beaten
- ☐ 1 clove garlic minced
- ☐ 1.5 teaspoons horseradish prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon pepper

- ☐ 1 tablespoon pimento chopped
- ☐ 12 ounce solid tuna white drained canned

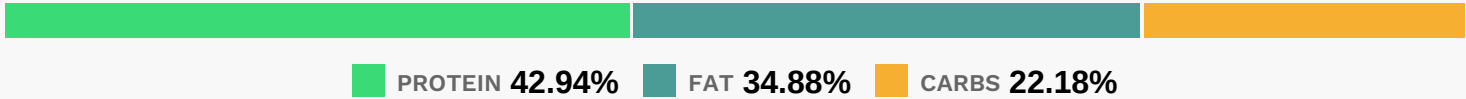
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, combine the tuna, bread crumbs, and egg, and stir lightly.
- ☐ Add the onion, celery, pimento (if using), lemon juice, horseradish, garlic, and pepper, and mix again. Form the mixture into 4 patties.
- ☐ Heat the oil in a nonstick skillet over medium heat and cook the patties, covered, until golden brown. Carefully flip the patties and cook the other side for 5 minutes. Finish baking in the oven until golden brown.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:15.030000147612%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 242.85kcal (12.14%), Fat: 9.2g (14.16%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 11.82g (4.3%), Sugar: 2.32g (2.58%), Cholesterol: 128.72mg (42.91%), Sodium: 474.63mg (20.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.99%), Selenium: 67.28µg (96.12%), Vitamin B3: 5.96mg (29.78%), Phosphorus: 268.17mg (26.82%), Vitamin B12: 1.26µg (21.08%), Vitamin B6: 0.3mg (14.97%), Vitamin D: 2.2µg (14.67%), Vitamin B2: 0.22mg (13.15%), Iron: 2.11mg (11.75%), Manganese: 0.22mg (11.04%), Vitamin B1: 0.16mg (10.84%), Vitamin E: 1.58mg (10.52%), Magnesium: 41.65mg (10.41%), Potassium: 344.97mg (9.86%), Vitamin C: 7.92mg (9.6%), Folate: 38.37µg (9.59%), Vitamin K: 9.6µg (9.15%), Zinc: 1.01mg (6.75%), Calcium: 63.75mg (6.37%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 309.67IU (6.19%), Fiber: 1.36g (5.43%), Copper: 0.11mg (5.28%)