



Tuna Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs soft (2 slices bread)
- 1 tablespoon dijon mustard
- 0.3 teaspoon pepper
- 2 eggs slightly beaten
- 0.5 cup spring onion finely chopped
- 14 oz water-packed tuna light flaked drained
- 2 tablespoons butter
- 4 sandwich rolls split

4 tablespoons gorgonzola dip

0.5 cup frangelico

Equipment

bowl

frying pan

Directions

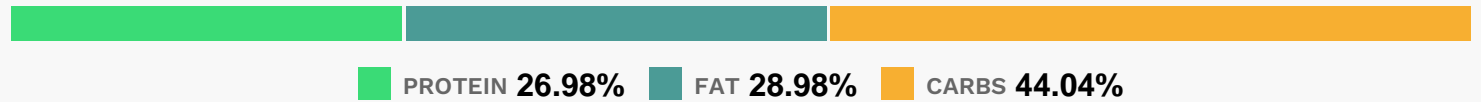
In medium bowl, mix all ingredients except butter, buns and dill dip. Shape mixture into 4 patties, 3 1/2 inches in diameter, using heaping 1/2 cupful for each patty.

In 12-inch nonstick skillet, melt butter over medium heat.

Add patties; cook 10 to 12 minutes, turning once, until brown and thoroughly cooked.

Serve on buns with dill dip.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:24.779130562492%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 481.35kcal (24.07%), Fat: 15.2g (23.38%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 48.93g (17.79%), Sugar: 4.11g (4.57%), Cholesterol: 117.56mg (39.19%), Sodium: 950.54mg (41.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.67%), Selenium: 104.47µg (149.25%), Vitamin B3: 14.16mg (70.79%), Vitamin B12: 2.85µg (47.46%), Vitamin B1: 0.59mg (39.13%), Iron: 5.47mg (30.4%), Manganese: 0.59mg (29.35%), Vitamin B2: 0.5mg (29.27%), Phosphorus: 291.53mg (29.15%), Vitamin K: 28.52µg (27.17%), Folate: 105.7µg (26.43%), Vitamin B6: 0.42mg (20.94%), Calcium: 167.76mg (16.78%), Magnesium: 57.19mg (14.3%), Zinc: 1.94mg (12.93%), Fiber: 3.04g (12.18%), Copper: 0.24mg (12%), Vitamin A: 553.72IU (11.07%), Vitamin D: 1.63µg (10.87%), Potassium: 364.2mg (10.41%), Vitamin B5: 0.9mg (8.95%), Vitamin E: 1.12mg (7.46%), Vitamin C: 2.38mg (2.88%)