



## Tuna Burgers with Carrot-Ginger Sauce

 Dairy Free

READY IN



34 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 avocado sliced
- 1 small carrots roughly chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated
- 0.5 inch ginger peeled
- 4 whole-grain hamburger buns
- 0.5 juice of lime
- 4 servings kosher salt and pepper freshly ground

- 1 tablespoon soya sauce low-sodium
- 2 tablespoons soya sauce low-sodium
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil toasted
- 1 cup spicy sprouts for garnish
- 1 pinch sugar
- 1 pound sushi-grade tuna

## Equipment

- food processor
- bowl
- grill
- grill pan

## Directions

- Prepare the sauce: Pulse the carrot and ginger in a food processor until finely chopped.
- Add the vinegar, sesame oil, soy sauce and sugar and process until smooth.
- Drizzle in 2 tablespoons water and combine; season with salt and pepper.
- Transfer the sauce to a bowl and set aside.
- Prepare the burgers: Chop the tuna into chunks. Wipe out the food processor and add the tuna; pulse a few times to break up the pieces. In a bowl, mix 2 tablespoons olive oil, the soy sauce, lime juice, cilantro and ginger; season with salt and pepper.
- Pour over the tuna and process until well blended. Form into 4 patties; brush each lightly with the remaining 1 teaspoon olive oil.
- Preheat a grill or grill pan. Once hot, add the burgers and cook for 2 minutes on each side for rare, or to desired doneness.
- Toss the sprouts in the carrot-ginger sauce.
- Place the burgers on buns and top with avocado and sprouts.
- Photograph by Con Poulos

# Nutrition Facts

PROTEIN 29.89% FAT 41.26% CARBS 28.85%

## Properties

Glycemic Index:82.73, Glycemic Load:13.7, Inflammation Score:-9, Nutrition Score:23.40956493046%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 374.58kcal (18.73%), Fat: 17.09g (26.3%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 23.75g (8.63%), Sugar: 4.33g (4.82%), Cholesterol: 40.82mg (13.61%), Sodium: 1098.61mg (47.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.73%), Selenium: 88.88µg (126.97%), Vitamin B3: 13.82mg (69.1%), Vitamin B12: 3µg (50.01%), Vitamin A: 2272.14IU (45.44%), Vitamin B6: 0.5mg (25.05%), Phosphorus: 244.14mg (24.41%), Iron: 3.87mg (21.48%), Vitamin B1: 0.31mg (20.4%), Manganese: 0.4mg (19.76%), Folate: 77.22µg (19.3%), Vitamin K: 19.55µg (18.62%), Vitamin B2: 0.3mg (17.82%), Vitamin E: 2.24mg (14.94%), Magnesium: 57.04mg (14.26%), Potassium: 483.42mg (13.81%), Fiber: 3.14g (12.57%), Calcium: 98mg (9.8%), Zinc: 1.44mg (9.61%), Copper: 0.18mg (9.17%), Vitamin D: 1.36µg (9.07%), Vitamin C: 6.01mg (7.29%), Vitamin B5: 0.65mg (6.51%)