



Tuna Burgers with Pineapple-Mustard Glaze and Green Chile-Pickle Relish

 Dairy Free

READY IN



116 min.

SERVINGS



8

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds tuna steaks fresh finely chopped
- 2 tablespoons canola oil
- 2 teaspoons chipotle pepper puree
- 3 tablespoons cilantro leaves finely chopped
- 2 tablespoons dijon mustard
- 3 dill pickles diced finely
- 1 tablespoon ginger fresh finely chopped

- 2 green onions thinly sliced
- 1 tablespoon honey
- 2 tablespoons honey
- 0.3 cup brown sugar light packed
- 3 tablespoons juice of lime
- 3 tablespoons juice of lime fresh
- 3 tablespoons olive oil
- 3 cups pineapple juice
- 3 poblano chiles diced peeled seeded finely
- 0.3 cup onion red finely chopped
- 8 servings salt and pepper freshly ground
- 3 tablespoons soya sauce
- 8 rolls
- 8 servings watercress
- 1 teaspoon pepper white freshly ground
- 0.5 cup citrus champagne vinegar

Equipment

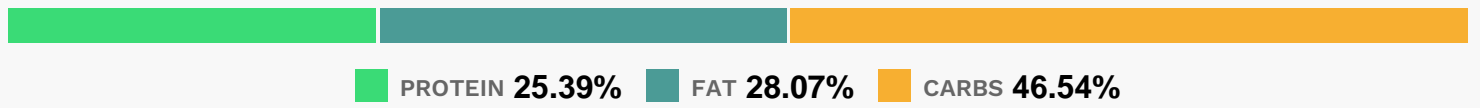
- bowl
- sauce pan
- whisk
- grill

Directions

- Combine the pineapple juice, vinegar, ginger, soy sauce and brown sugar in a small saucepan and bring to a boil. Reduce the heat to low and simmer until the volume is reduced by half, about 30 minutes.
- Whisk in 2 tablespoons mustard, remove from the heat, and add the lime juice and white pepper.

- Let cool.
- Combine the tuna, 2 tablespoons Dijon, chipotle pepper puree, honey, oil, and green onions in a large bowl, and season with salt and pepper. Shape the ground tuna firmly into 8 round uniform patties about 1 1/2-inches thick. Refrigerate for 30 minutes; the burgers must be very cold to hold their shape when cooking. Grill burgers for 3 minutes on each side for medium doneness, basting often with the glaze.
- Serve the burgers on buns with the watercress and the Green Chile-Pickle Relish.
- Combine all ingredients in a medium bowl and season, to taste, with salt and pepper.
- Let sit at room temperature for 30 minutes before serving so that flavors meld.

Nutrition Facts



Properties

Glycemic Index:52.32, Glycemic Load:31.95, Inflammation Score:-10, Nutrition Score:37.962174042411%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 7.93mg, Kaempferol: 7.93mg, Kaempferol: 7.93mg, Kaempferol: 7.93mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg

Nutrients (% of daily need)

Calories: 546.92kcal (27.35%), Fat: 17.05g (26.22%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 63.58g (21.19%), Net Carbohydrates: 60.29g (21.92%), Sugar: 28.92g (32.13%), Cholesterol: 43.09mg (14.36%), Sodium: 1168.54mg (50.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.37%), Vitamin B12: 10.69µg (178.22%), Vitamin K: 105.14µg (100.13%), Vitamin C: 64.44mg (78.1%), Vitamin A: 3822.98IU (76.46%), Iron: 12.87mg (71.48%), Selenium: 43.33µg (61.9%), Vitamin B3: 10.65mg (53.25%), Vitamin D: 6.46µg (43.09%), Vitamin B6: 0.79mg (39.57%), Manganese: 0.71mg (35.3%), Phosphorus: 347.89mg (34.79%), Vitamin B1: 0.41mg (27.35%), Vitamin B2: 0.39mg (23.08%), Magnesium: 89.15mg (22.29%), Vitamin E: 3.12mg (20.77%), Potassium: 690.84mg (19.74%), Vitamin B5: 1.48mg (14.82%), Fiber: 3.29g (13.17%), Copper: 0.25mg (12.61%), Calcium: 102.14mg (10.21%), Folate: 33.58µg (8.4%), Zinc: 1.01mg (6.75%)