



Tuna Sushi Burgers



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 pounds tuna steaks divided finely chopped



1 tablespoon ginger fresh minced peeled



0.3 cup green onions minced



1.5 tablespoons soya sauce low-sodium



1.5 tablespoons seasoned rice vinegar



0.8 teaspoon sugar

Equipment



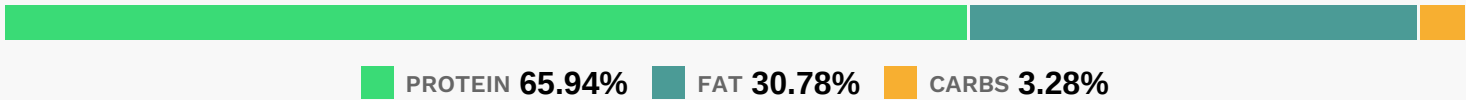
food processor

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place 3/4 cup tuna in a food processor; process until smooth.
- ☐ Combine pureed tuna, remaining chopped tuna, onions, and next 4 ingredients (through sugar). Divide mixture into 6 equal portions using wet hands, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 2 minutes. Turn patties over; grill 1 minute or until desired degree of doneness.
- ☐ Remove from grill; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:20.675217203472%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 170.93kcal (8.55%), Fat: 5.59g (8.6%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.67g (0.74%), Cholesterol: 43.09mg (14.36%), Sodium: 189.35mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Vitamin B12: 10.69µg (178.22%), Selenium: 41.47µg (59.25%), Vitamin A: 2530.87IU (50.62%), Vitamin B3: 9.9mg (49.48%), Vitamin D: 6.46µg (43.09%), Phosphorus: 297.28mg (29.73%), Vitamin B6: 0.53mg (26.38%), Vitamin B1: 0.28mg (18.55%), Vitamin B2: 0.3mg (17.6%), Magnesium: 61.11mg (15.28%), Vitamin B5: 1.21mg (12.15%), Vitamin K: 11.5µg (10.95%), Potassium: 320.11mg (9.15%), Vitamin E: 1.18mg (7.89%), Iron: 1.3mg (7.23%), Copper: 0.11mg (5.35%), Zinc: 0.74mg (4.92%), Manganese: 0.05mg (2.39%), Folate: 7.71µg (1.93%), Calcium: 14.7mg (1.47%), Vitamin C: 1.1mg (1.34%)