



Tuna sweetcorn burgers

 Popular

READY IN



15 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 85 g bread white
- ☐ 198 g sweetcorn drained canned
- ☐ 370 g tuna in water drained well canned
- ☐ 25 g cheddar grated
- ☐ 3 spring onion finely chopped
- ☐ 1 eggs beaten
- ☐ 2 tbsp vegetable oil
- ☐ 4 servings wholegrain bread rolls

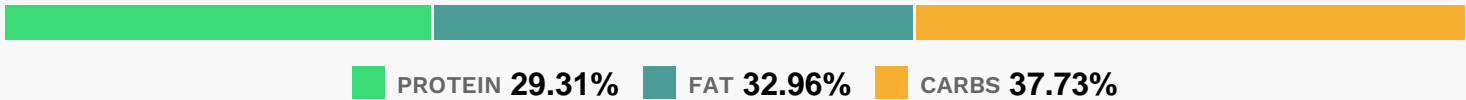
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped.
- ☐ Add the chopped corn, remaining whole corn, tuna, cheese, spring onions and some seasoning into the bowl with the bread and mix well.
- ☐ Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-size burgers.
- ☐ Heat the oil in a non-stick pan, then cook the burgers for 5 mins on each side until golden and hot through the middle. Stuff into wholemeal buns with your favourite lettuce and a good dollop of salsa.

Nutrition Facts



Properties

Glycemic Index:61.99, Glycemic Load:19.88, Inflammation Score:-6, Nutrition Score:22.100869780001%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 369.09kcal (18.45%), Fat: 13.63g (20.97%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 32.08g (11.66%), Sugar: 5.26g (5.84%), Cholesterol: 80.47mg (26.82%), Sodium: 494.81mg (21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.54%), Selenium: 81.01µg (115.73%), Vitamin B3: 12.64mg (63.22%), Vitamin B12: 2.54µg (42.36%), Vitamin K: 33.12µg (31.54%), Manganese: 0.58mg (28.9%), Phosphorus: 278.71mg (27.87%), Vitamin B6: 0.44mg (22.2%), Iron: 3.83mg (21.26%), Vitamin B1: 0.31mg (20.52%), Folate: 74.71µg (18.68%), Vitamin B2: 0.31mg (18.27%), Calcium: 154.8mg (15.48%), Magnesium: 56.17mg (14.04%), Fiber: 3.03g (12.12%), Zinc: 1.8mg (12.01%), Potassium: 379.89mg (10.85%), Vitamin B5: 1.07mg (10.74%), Vitamin D:

1.37µg (9.12%), Vitamin E: 1.22mg (8.12%), Vitamin A: 395.44IU (7.91%), Copper: 0.15mg (7.69%), Vitamin C: 4.47mg (5.42%)