



Vietnamese Tuna Burger

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pound tuna steak finely chopped
- ☐ 0.5 cup broccoli slaw
- ☐ 0.5 tablespoon brown sugar divided
- ☐ 0.5 cup carrots shredded
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 4 hamburger buns split

- ☐ 1 tablespoon soya sauce light
- ☐ 0.5 cup panko breadcrumbs
- ☐ 1 cup cabbage shredded red
- ☐ 0.5 cup scallions sliced
- ☐ 0.5 tablespoon seasoned rice vinegar
- ☐ 1 tablespoon sesame oil divided

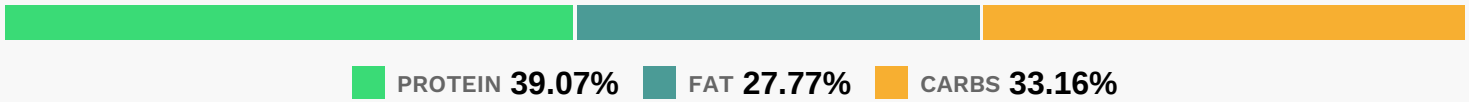
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, combine vinegar, 1 teaspoon oil and 1/4 teaspoon sugar.
- ☐ Add cabbage, carrots and broccoli slaw; toss and set aside. In a second bowl, combine cilantro, mint, fish sauce, soy sauce and remaining 1/2 tablespoon sugar.
- ☐ Add tuna and scallions; mix until combined. Form tuna mixture into four 3/4-inch-thick patties.
- ☐ Place panko on a plate; coat each patty with crumbs. In a large nonstick skillet, heat remaining 1 tablespoon oil over medium heat. Cook burgers, flipping once, until well browned, about 4 minutes per side.
- ☐ Place 1 burger on bottom of each bun; top with 1/4 of slaw and other bun half.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index: 67.46, Glycemic Load: 13.99, Inflammation Score: -10, Nutrition Score: 37.632608538089%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Luteolin: 0.4mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 418.83kcal (20.94%), Fat: 12.71g (19.56%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 31.48g (11.45%), Sugar: 7.21g (8.01%), Cholesterol: 53.86mg (17.95%), Sodium: 952.33mg (41.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.48%), Vitamin B12: 13.5µg (225.01%), Vitamin A: 6452.15IU (129.04%), Selenium: 66.46µg (94.95%), Vitamin B3: 15.32mg (76.61%), Vitamin D: 8.08µg (53.86%), Vitamin B1: 0.7mg (46.35%), Phosphorus: 451.38mg (45.14%), Vitamin K: 45.72µg (43.54%), Vitamin B6: 0.81mg (40.69%), Vitamin C: 31.16mg (37.77%), Vitamin B2: 0.59mg (34.43%), Magnesium: 108.1mg (27.03%), Manganese: 0.53mg (26.69%), Iron: 4.15mg (23.06%), Folate: 83.92µg (20.98%), Potassium: 661mg (18.89%), Vitamin B5: 1.74mg (17.42%), Calcium: 130.43mg (13.04%), Vitamin E: 1.84mg (12.25%), Copper: 0.24mg (11.93%), Fiber: 2.67g (10.68%), Zinc: 1.54mg (10.24%)