Asian Tuna Burger #001664

Ingredients

6.25# Tuna drained
2 C Mayo
1/4 C Minced Garlic
2 1/2 tsp Ginger Powder
2/3 C Low Sodium Soy Sauce
15 Gr. Onions finely diced
8 oz Red Bell Peppers diced
1 C Lime Juice
1/2 oz Cilantro choped
2 Tbsp Sesame Oil Blend
3 Tbsp Canola Oil
1 C Egg lightly beaten
3.25 C Panko

Makes: 50-1/2c
Prep Time:
Cooking Time: 8 minutes
Provides: 2 M/MA

Image

Nutrition Facts

Asian Tuna Burger

Nutrition Facts
Serving Size: SERVINGS
Serving per Container: 1

Amount Per Serving	
Calories: 307	Calories from Fat 58
	% Daily Value*
Total Fat 6.4g	10%
Saturated Fat 0.6g	3%
Trans Fat* 0.0g	
Cholesterol 40mg	13%
Sodium 734mg	33%
Total Carbohydrate 39.8g	13%
Dietary Fiber 4.7g	20%
Protein 20.2g	40%
Vitamin A 4%	Vitamin C 43%
Calcium 2%	Iron 4%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy		X	
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		
6.	Contains Soy	X		
7.	Vegetarian			Contains Tunafish