

Asian Tuna Burgers

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*2 tablespoons mayonnaise
1/4 teaspoon ground ginger
2 eggs, lightly beaten
1 cup panko
1 tablespoon soy sauce
1/4 cup green onion, sliced
1 can (10 ounce) drained
and flaked tuna
toasted buns
coleslaw
baby lettuce leaf*

Preheat the oven to 450 degrees.

In a large bowl, stir together the mayonnaise, and ginger. Stir in the eggs, panko and soy sauce. Add the green onions and tuna.

Shape into patties.

Bake on a foil-lined baking sheet for 10 to 12 minutes, until an instant-read thermometer inserted into the thickest parts registers 160 degrees.

Serve on toasted buns topped with store bought coleslaw and baby lettuce.

Per Serving (excluding unknown items): 584 Calories; 35g Fat (53.7% calories from fat); 22g Protein; 46g Carbohydrate; 3g Dietary Fiber; 434mg Cholesterol; 1499mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.