



Asian Tuna Burgers

Our Asian Tuna Burger with fresh ginger, green onions, red bell pepper and canned tuna makes a healthy and tasty alternative for traditional burger lovers.

CACFP Adult Portion Crediting Information

1 Asian Tuna Burger and bun provide ½ cup vegetable (⅓ cup additional vegetable, ⅓ cup dark green vegetable, ⅓ cup red/orange vegetable), 2 oz equivalent meat, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					1 Preheat oven: Conventional oven: 400 °F. Convection oven: 375 °F.
Canned tuna, chunk style, water packed, drained	3 lb 2 oz	2 qt 1 cup	6 lb 4 oz	1 gal 2 cups	2 Drain and flake tuna.
Low-fat mayonnaise	8 oz	1 cup	1 lb	2 cups	3 In a large bowl, combine tuna, mayonnaise, garlic, ginger, soy sauce, green onions, red bell peppers, sesame oil, canola oil, and egg whites together.
Garlic, minced		2 Tbsp	3 oz	¼ cup	
Fresh ginger, minced		1 Tbsp		2 Tbsp	
Low-sodium soy sauce		1 Tbsp		2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh green onions, top and bottom, diced finely	4 oz	½ cup	8 oz	1 cup	
*Fresh red bell pepper, diced	8 oz	1 ½ cups	1 lb	3 cups	
Sesame oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Egg whites	4 oz	½ cup	8 oz	1 cup	
Panko breadcrumbs	6 oz	2 cups	12 oz	1 qt	4 Add breadcrumbs and stir well.
					5 Use a No.12 scoop to portion 25 servings onto a full sheet pan lined with parchment paper that is lightly sprayed with pan release spray. Press tuna lightly to form into tuna burgers (3 ½ oz) patties. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6 Bake: Conventional: 400 °F - 10 minutes. Convection: 375 °F- 8 minutes.
					7 Critical Control Point: Heat to165 °F or higher for at least 15 seconds.
Whole-grain roll, 2 oz each	3 lb 2 oz	25 pieces	6 lb 4 oz	50 pieces	8 Slice rolls open and place on plate. Place ½ oz of lettuce (3" x 3" pieces) on bottom half of each roll.
*Fresh romaine lettuce	12 ½ oz	25 pieces, (3"x 3" medium size)	1 lb 9 oz	50 pieces (3"x 3" medium size)	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh tomatoes, sliced	2 lb 5 ½ oz	25 slices (¼" slice)	4 lb 11 oz	50 slices (¼" slice)	9 Place 1 ½ oz sliced (¼" slice) tomato on top of lettuce.
					10 Place (3 ½ oz) cooked tuna burger on top of tomato. Cover with top of roll.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Serve 1 burger.

NUTRITION INFORMATION

For 1 tuna burger

NUTRIENTS	AMOUNT
Calories	298
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Total Fat	7 g
Saturated Fat	1 g
Cholesterol	19 mg
Sodium	445 mg
Total Carbohydrate	39 g
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	21 g
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Vitamin A	96 mcg RAE
Vitamin C	22 mg
Vitamin D	0 IU
Calcium	81 mg
Iron	3 mg
Potassium	457 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh tomatoes	2 lb 11 oz	5 lb 6 oz
Fresh romaine lettuce	1 lb 4 oz	2 lb 8 oz
Fresh green onions	5 oz	10 oz
Fresh red bell peppers	11 oz	1 lb 6 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 25 Sandwiches	About 50 Sandwiches
Tuna filling about – 5 lb 3 oz	Tuna filling about – 10 lb 6 oz

SOURCE:

CACFP Adult Portion Recipe Project