



Asian Tuna Burger

USDA Recipe for Schools

The Asian Tuna Burger has Albacore tuna mixed with flavorful bread-crumbs and spices, cooked and served on a whole grain roll.

NSLP/SBP CREDITING INFORMATION

One burger provides 2 oz equivalent meat, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium tuna, drained, broken into small pieces	6 lb 4 oz	1 gal (1 1/2 66 1/2 oz cans)	12 lb 8 oz	2 gal (3 66 1/2 oz cans)	1 Combine tuna, mayonnaise, garlic, ginger, soy sauce, onions, peppers, sesame oil, canola oil, egg whites, and breadcrumbs in a large bowl. Stir well.
Low-fat mayonnaise	1 lb 5 1/3 oz	2 cups	2 lb 10 2/3 oz	1 qt	
Garlic, minced	3 oz	1/4 cup	6 oz	1/2 cup	
Fresh ginger, minced		2 Tbsp	2 oz	1/4 cup	
Low-sodium soy sauce		1/4 cup		1/2 cup	
*Fresh green onions, top and bottom, diced finely	4 oz	1/2 cup 1 Tbsp 1 tsp	8 oz	1 cup 2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh red bell peppers, diced	8 oz	1 ½ cups	1 lb	3 cups	
Sesame oil		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Canola oil		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Egg whites	8 oz	1 cup	1 lb	2 cups	
Panko bread crumbs	12 oz	3 ¼ cups	1 lb 8 oz	1 qt 2 ½ cups	
					<p>2 Using a No. 8 scoop, portion ½ cup (about 2 ⅘ oz) tuna patties onto a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. Flatten 25 meat patties into an oval shape in each pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>3 Bake: Conventional oven: 400 °F for 10 minutes. Convection oven: 375 °F for 8 minutes.</p>
					<p>4 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>5 Remove from oven. Set tuna patties aside for step 7.</p>
Mini whole-grain rolls (1 oz each)	3 lb 2 oz	50 each	6 lb 4 oz	100 each	<p>6 Place the bottom half of 25 rolls on a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>7 Place 1 tuna patty on top of each bottom half of roll.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh romaine lettuce	1 lb 9 oz	50 each	3 lb 2 oz	100 each	8 Place 1 lettuce leag (about ½ oz) on top of each tuna patty.
*Fresh tomatoes, sliced	3 lb 2 oz	50 each	6 lb 4 oz	100 each	9 Place 1 tomato slice (about 1 oz) on top of lettuce.
					10 Place top half of roll on each sandwich.
					11 Critical Control Point: Hold for hot service at 135 °F or higher.
					12 Serve 1 burger.



NUTRITION INFORMATION

For 1 burger.

NUTRIENTS	AMOUNT
Calories	213
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	28 mg
Sodium	382 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	0 IU
Calcium	41 mg
Iron	1 mg
Potassium	197 mg

N/A=no data available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Green onions	6 oz	12 oz
Romaine lettuce	2 lb 8 oz	5 lb
Tomatoes	3 lb 12 oz	7 lb 8 oz
Red bell peppers	10 oz	1 lb 4 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

50 Servings	100 Servings
About 8 lb 12 oz	About 17 lb 8 oz
About 1 gal 1 ½ cups/50 burgers	About 2 gal 3 cups/100 burgers

