



## FISH BURGER

*Super easy to make. Zero carbohydrates in the patty. The egg and psyllium powder keep the patty together. Ground meat can be used instead of fish.*

**Servings per recipe: 1 - 2**

### Ingredients:

- 1 can tuna or 6 ounces other type of fish
- 1 egg, beaten
- ½ teaspoon psyllium powder
- 1 clove garlic crushed
- Season to taste

### Instructions:

1. Mix all ingredients together and let sit for 5 to 10 minutes to give the psyllium powder time to gel.
2. Form into one or two patties.
3. Cook in a non-stick frying pan on low-medium heat until browned on both sides.
4. Serve on a gluten-free bun.

Nutrition Facts	
2 servings per recipe	
Serving size 1 burger(119g)	
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fats 0g	
Cholesterol 140mg	45%
Sodium 80mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber less than 1g	2%
Sugars 0g	
Includes 0g added sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	8%
Potassium 240mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories.	

### Cook's Tips and Variations:

For burger buns, I like to use one of the following:

1. **Carb Wise Buns by Slice of Life** – [www.sliceoflife.ca](http://www.sliceoflife.ca)  
These are grain free made from almond flour.
2. **O'Doughs Deluxe Hamburger Buns** – [www.odoughs.com](http://www.odoughs.com)  
These are gluten-free buns that have a texture similar to “real” bread. I believe these are the gluten-free buns Hero Burger uses. They do contain starch but no corn and more natural sweeteners (rice syrup and grape juice) instead of refined sugar and corn-based sweeteners.

### Ingredients:

Water, Potato Starch, Tapioca Starch, Soya Flour, Brown Rice Flour, Chickpea Flour, Sunflower Oil, Yeast, Rice Syrup, Grape Juice, Potato Fiber, Natural Flavour, Sea Salt, Cellulose, Xanthan Gum, Cultured Rice Flour, Cultured Brown Rice, Brown Rice, White Distilled Vinegar, Sodium Acid Pyrophosphate, Sodium Bicarbonate. Contains: Soya. May contain: Egg. Manufactured in the facility that handles egg. **Toppings:** Sesame Seeds. Poppy seeds.