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## Fish Burger ·•

A delicious burger made with fish fillet, topped with fresh vegetables and a special sauce.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

400 g	fish fillet
4 pieces	burger buns
100 g	lettuce
100 g	Tomato
50 g	onion
50 g	mayonnaise

50 g	ketchup
5 g	Salt
2 g	Pepper
30 ml	Oil

## Directions

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### Step 1

Grilling

Season the fish fillet with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Frying

Heat oil in a pan and cook the fish fillet until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

Toasting

Toast the burger buns.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 4

Spread mayonnaise and ketchup on the bottom bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Place the cooked fish fillet on top of the sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Add lettuce, tomato, and onion slices on top of the fish fillet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Cover with the top bun and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Mixer

### Events

Picnic

### Cuisines

Italian

Chinese

Japanese

American

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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