

# Vitello Tonnato Burger

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-vitello-tonnato-italian>

## Ingredients:

- 1 shallot finely diced
- 2 ounces capers rinsed and coarsely chopped
- 1 lemon
- 1 handful flat-leaf parsley finely chopped
- olive oil drizzle of
- sea salt
- black pepper
- 4 Ciabatta rolls halved
- 1 bunch watercress washed
- 2 tablespoons lemon juice
- 5 anchovy fillets salted, finely chopped
- 3/4 cup olive oil
- 7 ounces tuna in olive oil canned sustainable, drained
- 1 tablespoon capers salted, rinsed
- white wine vinegar splash of
- lemon juice squeeze of
- 2 tablespoons capers rinsed and dried
- 1 1/2 pounds ground veal best-quality
- 2 egg yolks
- 3 tablespoons olive oil

## Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 245 milligrams
4. Fat: 72 grams
5. Fiber: 6 grams
6. Protein: 41 grams
7. SaturatedFat: 14 grams

8. Sodium: 1160 milligrams
  9. Sugar: 4 grams
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