



Grilled Tuna Patties

READY IN



40 min.

SERVINGS



8

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce tuna drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 eggs
- ☐ 1 tablespoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 1 tablespoon salt
- ☐ 6 ounce bread stuffing mix dry stove top® such as

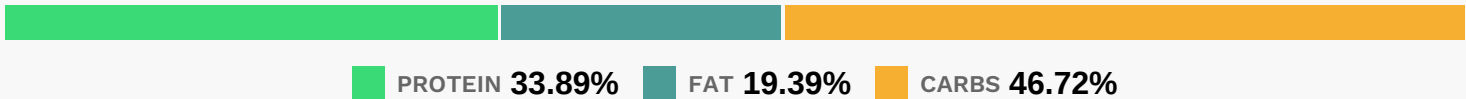
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Mix tuna, mushroom soup, milk, eggs, salt, and black pepper in a large mixing bowl. Stir stuffing mix into tuna mixture until thoroughly combined. Form mixture into patties. Refrigerate patties for 10 minutes to firm up.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Grill patties until heated through and the outsides show grill marks, about 7 minutes per side.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:11.107826170714%

Nutrients (% of daily need)

Calories: 170.34kcal (8.52%), Fat: 3.6g (5.53%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 18.54g (6.74%), Sugar: 2.54g (2.82%), Cholesterol: 60.18mg (20.06%), Sodium: 1555.57mg (67.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.27%), Selenium: 42.74µg (61.06%), Vitamin B3: 5.82mg (29.1%), Vitamin B12: 1.34µg (22.31%), Manganese: 0.35mg (17.51%), Phosphorus: 137.65mg (13.77%), Vitamin B2: 0.22mg (12.72%), Iron: 2.06mg (11.44%), Folate: 45.39µg (11.35%), Vitamin B1: 0.16mg (10.72%), Vitamin B6: 0.21mg (10.69%), Copper: 0.17mg (8.3%), Zinc: 1.11mg (7.42%), Potassium: 223.35mg (6.38%), Magnesium: 25.41mg (6.35%), Vitamin D: 0.9µg (5.99%), Calcium: 58.58mg (5.86%), Vitamin B5: 0.46mg (4.56%), Fiber: 0.95g (3.79%), Vitamin E: 0.35mg (2.35%), Vitamin A: 112.87IU (2.26%), Vitamin K: 1.63µg (1.55%)