



Pan Fried Tuna Patty

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 5 ounce tuna packed in water, drained canned
- ☐ 0.5 stalk celery chopped
- ☐ 1 eggs
- ☐ 1 teaspoon optional: dill fresh chopped to taste
- ☐ 2 tablespoons parsley fresh chopped to taste
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup cheddar cheese shredded

☐ 2 tablespoons walnuts chopped

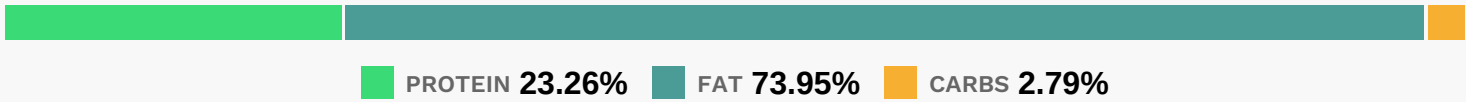
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir tuna, egg, celery, mayonnaise, walnuts, parsley, and dill together in a bowl until evenly combined. Form mixture into two patties.
- ☐ Melt butter in a skillet over medium heat. Cook patties in hot butter until firm and golden, 2 to 3 minutes; flip and top each patty with Cheddar cheese. Continue cooking until second side is golden brown, 2 to 3 minutes more.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:19.841304468072%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Apigenin: 8.9mg, Apigenin: 8.9mg, Apigenin: 8.9mg, Apigenin: 8.9mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 366.53kcal (18.33%), Fat: 30.28g (46.58%), Saturated Fat: 9.42g (58.86%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.64g (0.71%), Cholesterol: 142.41mg (47.47%), Sodium: 423.21mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.87%), Vitamin K: 92.66µg (88.24%), Selenium: 59.73µg (85.33%), Vitamin B12: 2.2µg (36.59%), Vitamin B3: 7.25mg (36.27%), Phosphorus: 249.32mg (24.93%), Manganese: 0.38mg (19.04%), Vitamin A: 872.48IU (17.45%), Vitamin B6: 0.34mg (17%), Vitamin B2: 0.25mg (14.75%), Calcium: 147.16mg (14.72%), Iron: 2.18mg (12.13%), Copper: 0.23mg (11.29%), Zinc: 1.66mg (11.08%), Magnesium: 41.96mg (10.49%), Vitamin D: 1.4µg (9.35%), Folate: 36.61µg (9.15%), Vitamin E: 1.32mg (8.8%), Potassium: 263.08mg (7.52%), Vitamin C: 5.8mg (7.03%), Vitamin B5: 0.63mg (6.3%), Vitamin B1: 0.08mg (5.04%), Fiber: 0.96g (3.85%)