



Raid-the-cupboard tuna sweetcorn cakes

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



487 kcal

Ingredients

- ☐ 450 g potatoes quartered
- ☐ 2 tbsp mayonnaise
- ☐ 370 g tuna drained canned
- ☐ 198 g regular corn drained canned
- ☐ 1 small bunch parsley dried snipped
- ☐ 2 eggs beaten
- ☐ 100 g breadcrumbs dried
- ☐ 4 servings unrefined sunflower oil for frying
- ☐ 4 servings salad dressing

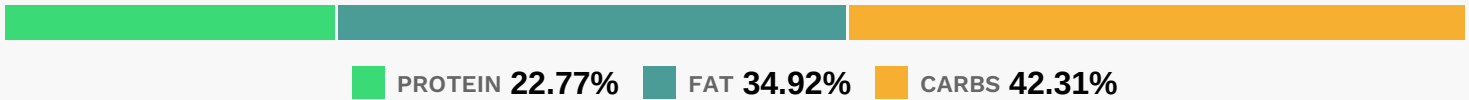
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ colander

Directions

- ☐ Cook the potatoes in boiling salted water until really tender.
- ☐ Drain and allow to steam-dry in a colander. Tip into a bowl, season and mash. Stir in the mayonnaise, tuna, sweetcorn and chives or parsley. Shape into 4 cakes and chill until cold and firm.
- ☐ Dip each cake into the egg, letting the excess drip off, then coat in the breadcrumbs. Chill for 15 mins.
- ☐ Heat a little of the oil in a pan and gently fry the cakes for 2-3 mins on each side until golden. You may need to do this in batches keep warm in a low oven.
- ☐ Serve with extra mayonnaise and salad leaves.

Nutrition Facts



Properties

Glycemic Index:47.31, Glycemic Load:19.51, Inflammation Score:-7, Nutrition Score:26.484782820163%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 487.21kcal (24.36%), Fat: 19.01g (29.25%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 46.97g (17.08%), Sugar: 7.84g (8.71%), Cholesterol: 118.04mg (39.35%), Sodium: 747.04mg (32.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.79%), Selenium: 76.96µg (109.94%),

Vitamin B3: 12.93mg (64.66%), Vitamin B12: 2.67µg (44.48%), Vitamin B6: 0.79mg (39.25%), Vitamin K: 34.71µg (33.06%), Phosphorus: 320.51mg (32.05%), Vitamin C: 25.31mg (30.68%), Vitamin B1: 0.42mg (28.07%), Manganese: 0.54mg (27.1%), Potassium: 855.3mg (24.44%), Iron: 4.38mg (24.33%), Vitamin B2: 0.35mg (20.51%), Fiber: 4.85g (19.42%), Magnesium: 75.88mg (18.97%), Folate: 70.97µg (17.74%), Vitamin E: 2.62mg (17.49%), Copper: 0.28mg (13.92%), Vitamin B5: 1.35mg (13.52%), Zinc: 1.93mg (12.89%), Vitamin D: 1.56µg (10.43%), Calcium: 96.75mg (9.67%), Vitamin A: 323.37IU (6.47%)