



WHATSheATE



Spicy Thai Tuna Cakes with Cucumber Aioli



Vegetarian



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



112 kcal

Ingredients

- ☐ 0.5 cup cucumber shredded
- ☐ 1 large egg white lightly beaten
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 15 ounce thai chili-flavored tuna drained canned (such as Bumble Bee)

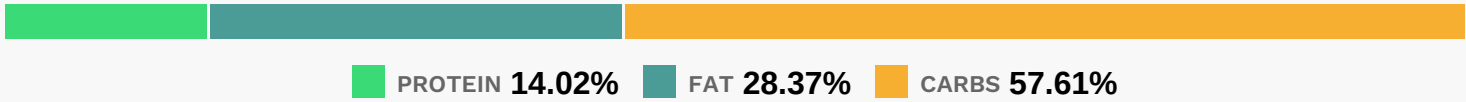
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a medium bowl. Divide tuna mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan and patties with cooking spray.
- ☐ Add patties; cook 1 to 2 minutes on each side or until lightly browned.
- ☐ While patties cook, combine cucumber and mayonnaise in a small bowl.
- ☐ Serve with tuna cakes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.04, Inflammation Score:-9, Nutrition Score:12.972174045832%

Flavonoids

Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 4.11mg, Luteolin: 4.11mg, Luteolin: 4.11mg, Luteolin: 4.11mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 111.8kcal (5.59%), Fat: 3.76g (5.78%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 15.12g (5.5%), Sugar: 6.68g (7.42%), Cholesterol: 2.24mg (0.75%), Sodium: 192.24mg (8.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin C: 258.39mg (313.2%), Vitamin A: 1288.67IU (25.77%), Vitamin K: 25.03µg (23.84%), Manganese: 0.34mg (16.79%), Vitamin B6: 0.31mg (15.7%), Potassium: 417.6mg (11.93%), Vitamin B1: 0.17mg (11.66%), Copper: 0.22mg (11.05%), Vitamin B2: 0.17mg (9.8%), Iron: 1.7mg (9.47%), Folate: 35.82µg (8.95%), Magnesium: 33.04mg (8.26%), Fiber: 2.05g (8.22%), Vitamin B3: 1.53mg (7.63%), Vitamin E: 1.06mg (7.04%), Phosphorus: 68.2mg (6.82%), Selenium: 4.45µg (6.36%), Calcium: 36.74mg (3.67%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.17mg (1.71%)