



 21%
HEALTH SCORE

Spicy Tuna Cakes

READY IN



45 min.

SERVINGS



3

CALORIES



232 kcal

Ingredients

- 0.5 teaspoon cajun spice
- 10 ounce tuna canned
- 2 chili peppers
- 2 teaspoons dijon mustard
- 1 eggs
- 2 garlic clove minced
- 2 teaspoons greek yogurt
- 3 spring onion
- 3 dashes hot sauce
- 1 juice of lemon

- 4 ounces mirepoix
- 1.3 cup panko bread crumbs
- 1 teaspoon cream light sour

Equipment

- frying pan

Directions

- Combine all ingredients except the breadcrumbs.
- Add panko 1 cup at a time until desired thickness (1 cup may be enough). Make 6 cakes.
- Place on a plate and let sit in the fridge for 30 minutes to form.
- Mix 1/4 cup panko and some Cajun seasoning in a shallow dish or plate. Cover with panko mixture and spray pan with cooking spray and saute for 3 minutes on each side. Spray with cooking spray before flipping each cake.
- Serve with your favorite sauce. I like fresh squeezed lemon juice and butter.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:19.505217391304%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 232.26kcal (11.61%), Fat: 3.99g (6.14%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 21.03g (7.65%), Sugar: 3.75g (4.16%), Cholesterol: 89.21mg (29.74%), Sodium: 474.17mg (20.62%), Protein: 24.13g (48.26%), Selenium: 76.77µg (109.67%), Vitamin B3: 11.22mg (56.1%), Vitamin B12: 2.68µg (44.59%), Vitamin K: 27.44µg (26.14%), Phosphorus: 218.66mg (21.87%), Vitamin B6: 0.41mg (20.45%), Vitamin B1: 0.3mg

(19.86%), Iron: 3.41mg (18.94%), Vitamin B2: 0.28mg (16.46%), Manganese: 0.33mg (16.4%), Folate: 48.11µg (12.03%), Fiber: 2.7g (10.82%), Vitamin A: 523.57IU (10.47%), Vitamin C: 8.47mg (10.27%), Magnesium: 40.73mg (10.18%), Vitamin D: 1.43µg (9.53%), Calcium: 93.14mg (9.31%), Potassium: 313.43mg (8.96%), Zinc: 1.31mg (8.76%), Copper: 0.14mg (7.18%), Vitamin B5: 0.57mg (5.69%), Vitamin E: 0.69mg (4.61%)