



Torticas de Atún (Tuna Fritters)

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons all purpose flour
- 1 eggs beaten
- 2 Tbs flat-leaf parsley fresh chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 0.8 cup milk
- 4 servings olive oil
- 0.5 cup onions grated
- 0.5 teaspoon paprika

- 0.5 cup bell pepper red finely chopped
- 4 servings salt and pepper
- 2 tuna cans
- 4 servings vegetable oil for frying

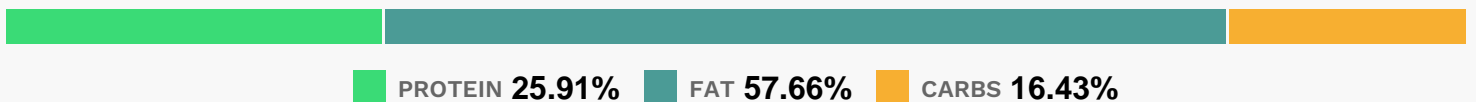
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ice cream scoop

Directions

- In a fry pan over medium heat, warm the olive oil.
- Add the onions, red bell pepper and cook, stirring occasionally, until browned, about 5 minutes. Set aside. In a bowl, combine the flour, the tuna, milk, egg, cumin, garlic powder and paprika. Stir until well mixed. Stir in the cooked onions, red bell pepper and parsley. The batter should be thick. Season with salt and pepper. In a skillet heat the oil. Line a baking sheet with paper towels and set aside. Working in batches, drop the batter into the skillet, using an ice cream scooper, one scoop for each fritter. Cook, turning the fritters once, until golden brown and crisp, 3 to 4 minutes per side. Transfer the fritters to the paper towel-lined baking sheet to drain. Repeat with the remaining batter.
- Serve the fritters immediately.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:6.68, Inflammation Score:-8, Nutrition Score:20.101304468901%

Flavonoids

Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 318.73kcal (15.94%), Fat: 20.38g (31.36%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 11.87g (4.32%), Sugar: 3.95g (4.39%), Cholesterol: 77.01mg (25.67%), Sodium: 416.84mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.22%), Selenium: 65.29µg (93.28%), Vitamin B3: 9.31mg (46.56%), Vitamin K: 46.31µg (44.11%), Vitamin B12: 2.53µg (42.16%), Vitamin C: 27.87mg (33.79%), Vitamin A: 1051.88IU (21.04%), Phosphorus: 209.89mg (20.99%), Vitamin B6: 0.42mg (20.76%), Vitamin E: 3.07mg (20.44%), Vitamin B2: 0.26mg (15.11%), Iron: 2.61mg (14.49%), Vitamin D: 1.74µg (11.62%), Folate: 41.31µg (10.33%), Vitamin B1: 0.15mg (10.27%), Potassium: 337.28mg (9.64%), Calcium: 91.12mg (9.11%), Magnesium: 35.26mg (8.82%), Manganese: 0.15mg (7.56%), Zinc: 1.09mg (7.28%), Vitamin B5: 0.61mg (6.06%), Fiber: 1.19g (4.78%), Copper: 0.08mg (4.13%)