



Tuna Cakes

 Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



385 kcal

Ingredients

- 4 servings bibb lettuce leaves
- 1 rib celery finely chopped
- 2 claussen kosher dill pickle spears finely chopped
- 4 servings dill pickle spears
- 1.3 cups breadcrumbs dry fine
- 2 large eggs lightly beaten
- 2 tablespoons olive oil
- 0.5 teaspoon pepper freshly ground
- 0.3 cup onion red finely chopped

- 0.3 teaspoon salt
- 14 oz foil pouches solid tuna in water white flaked
- 1 slices tomatoes

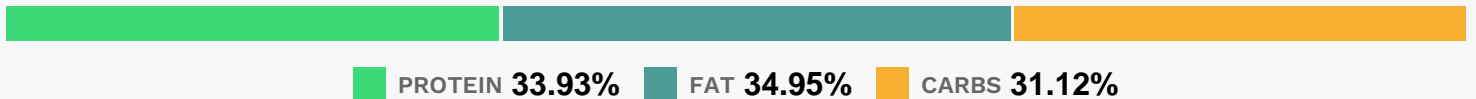
Equipment

- bowl
- frying pan

Directions

- Stir together tuna, 1/3 cup breadcrumbs, and next 6 ingredients in a large bowl just until blended. Shape tuna mixture into 8 equal patties (about 1/3 cup each). Dredge patties in remaining 1 cup breadcrumbs.
- Cook 4 patties in 1 Tbsp. hot olive oil in a large nonstick skillet over medium heat 3 minutes on each side or until golden.
- Remove from skillet. Repeat with remaining 1 Tbsp. oil and 4 patties.
- Place Tuna Cakes on top of Bibb lettuce leaves and tomato slices; serve with dill pickle spears.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:20.88652177479%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 384.54kcal (19.23%), Fat: 14.69g (22.59%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 26.5g (9.63%), Sugar: 4.19g (4.65%), Cholesterol: 134.67mg (44.89%), Sodium: 1607.41mg

(69.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.14%), Selenium: 82.01µg (117.15%), Vitamin B3: 8.33mg (41.63%), Phosphorus: 345.12mg (34.51%), Vitamin B1: 0.42mg (27.99%), Vitamin K: 27.6µg (26.29%), Vitamin B12: 1.51µg (25.16%), Manganese: 0.46mg (22.87%), Vitamin B2: 0.36mg (21.4%), Iron: 3.48mg (19.33%), Vitamin B6: 0.35mg (17.68%), Vitamin D: 2.48µg (16.56%), Folate: 63.83µg (15.96%), Vitamin E: 2.3mg (15.35%), Calcium: 151.11mg (15.11%), Magnesium: 60.38mg (15.09%), Potassium: 486.47mg (13.9%), Fiber: 2.92g (11.7%), Zinc: 1.46mg (9.75%), Copper: 0.19mg (9.27%), Vitamin A: 425.31IU (8.51%), Vitamin B5: 0.78mg (7.78%), Vitamin C: 3.76mg (4.55%)