



Tuna Cornbread Cakes

READY IN



36 min.

SERVINGS



4

CALORIES



477 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 oz just-add-water cornbread mix
- ☐ 3 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 spring onion thinly sliced
- ☐ 4 servings optional: lemon
- ☐ 2 tablespoons mayonnaise
- ☐ 0.7 cup milk
- ☐ 1 teaspoon old bay seasoning
- ☐ 3 tablespoons vegetable oil

☐ 1 teaspoon worcestershire sauce

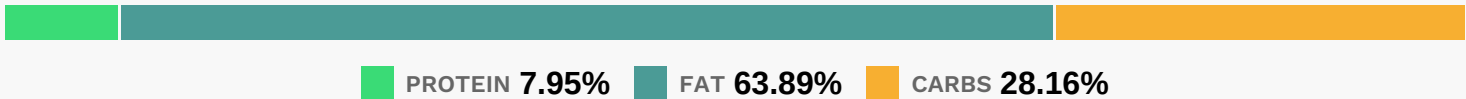
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Stir together cornbread mix and 2/3 cup milk.
- ☐ Pour batter into a lightly greased 8-inch square pan.
- ☐ Bake at 425 for 15 minutes or until golden brown. Cool on a wire rack 5 minutes or just until warm.
- ☐ Stir together mayonnaise and next 5 ingredients in a large bowl.
- ☐ Crumble cornbread to equal 2 cups. Reserve remaining cornbread for another use. Fold cornbread crumbs and tuna chunks into mayonnaise mixture until well blended. Shape tuna mixture into 8 (3- to 3 1/2-inch) patties.
- ☐ Melt 3 Tbsp. butter with vegetable oil in a large skillet over medium-high heat.
- ☐ Add tuna patties, and cook, in batches, 2 to 3 minutes on each side or until golden brown; drain on paper towels.
- ☐ Serve cakes with Lemon Aoli.
- ☐ Note: For testing purposes only, we used Martha White Buttermilk Cornbread
- ☐ Mix and Star
- ☐ Kist Tuna Creations Herb & Garlic Chunk Light Tuna.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:15.154347875844%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 477.15kcal (23.86%), Fat: 34.1g (52.46%), Saturated Fat: 11.04g (69.01%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 30.51g (11.09%), Sugar: 11.36g (12.62%), Cholesterol: 170.75mg (56.92%), Sodium: 550.43mg (23.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Vitamin K: 88.74µg (84.51%), Phosphorus: 334.62mg (33.46%), Selenium: 15.06µg (21.51%), Vitamin B2: 0.36mg (21.27%), Vitamin A: 858.32IU (17.17%), Folate: 68.22µg (17.05%), Vitamin B1: 0.23mg (15.49%), Fiber: 3.32g (13.27%), Iron: 2.29mg (12.74%), Vitamin E: 1.87mg (12.48%), Calcium: 115.98mg (11.6%), Vitamin B12: 0.62µg (10.3%), Vitamin C: 8.36mg (10.13%), Manganese: 0.2mg (10.03%), Vitamin B5: 0.98mg (9.82%), Vitamin B6: 0.16mg (8.17%), Vitamin D: 1.21µg (8.08%), Vitamin B3: 1.6mg (8.01%), Zinc: 0.99mg (6.61%), Potassium: 225.72mg (6.45%), Magnesium: 24.54mg (6.14%), Copper: 0.09mg (4.26%)