



Tuna Croquettes

READY IN



35 min.

SERVINGS



35

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz tuna flaked drained canned
- 0.5 cup colby & monterey jack cheeses shredded kraft
- 0.3 tsp pepper red crushed
- 1 eggs beaten
- 2 cups oil
- 0.5 cup onions chopped
- 2 cups potatoes cooled mashed
- 0.3 cup bell peppers red chopped
- 1 cup ritz crackers crushed

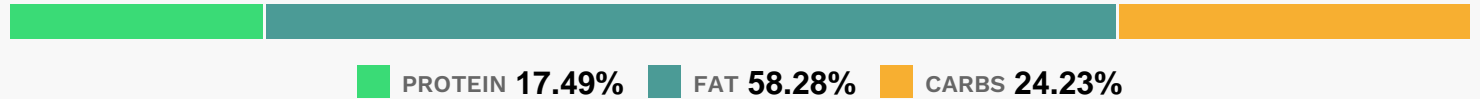
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Cook first 3 ingredients in skillet sprayed with cooking spray on medium-high heat 10 min. or until onions are tender, stirring occasionally; cool.
- Mix with potatoes, tuna and cheese.
- Shape tuna mixture into 12 (3-inch-long) logs. Dip in egg, then roll in cracker crumbs to evenly coat all sides of each log.
- Heat oil in large saucepan to 375F.
- Add tuna logs, in batches; cook 6 min. or until evenly browned, turning occasionally.
- Drain on paper towels.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:1.6, Inflammation Score:-1, Nutrition Score:2.4926087052926%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 58.05kcal (2.9%), Fat: 3.78g (5.81%), Saturated Fat: 0.73g (4.53%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.39g (0.43%), Cholesterol: 9.38mg (3.13%), Sodium: 47.12mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Selenium: 6.28µg (8.97%), Vitamin B3: 1.03mg (5.16%), Vitamin C: 3.9mg (4.72%), Vitamin B12: 0.23µg (3.92%), Vitamin E: 0.58mg (3.85%), Vitamin B6: 0.07mg (3.61%),

Phosphorus: 34.71mg (3.47%), Vitamin K: 3.06µg (2.91%), Potassium: 76.81mg (2.19%), Calcium: 19.81mg (1.98%), Iron: 0.35mg (1.96%), Vitamin B2: 0.03mg (1.74%), Manganese: 0.03mg (1.71%), Magnesium: 5.97mg (1.49%), Fiber: 0.37g (1.48%), Vitamin B1: 0.02mg (1.47%), Vitamin A: 67.99IU (1.36%), Folate: 5.34µg (1.33%), Zinc: 0.18mg (1.2%), Copper: 0.02mg (1.09%)