



Tuna Patties

READY IN



30 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots shredded
- 1 eggs beaten
- 1 cup mild cheddar cheese shredded kraft
- 0.3 cup miracle whip dressing kraft
- 2 Tbsp claussen pickle relish sweet
- 6 oz stove top stuffing mix for chicken
- 0.8 cup water
- 10 oz tuna in water light chunk flaked drained canned

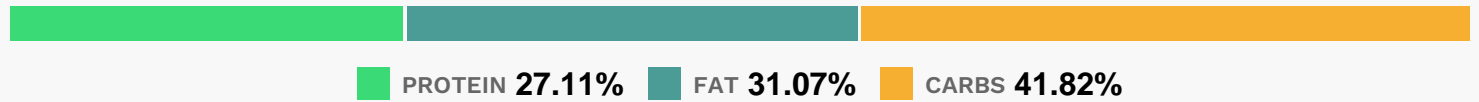
Equipment

- frying pan
- spatula
- ice cream scoop

Directions

- Combine ingredients. Refrigerate 10 min.; stir.
- Heat large nonstick skillet sprayed with cooking spray on medium heat. Use ice cream scoop to add 1/3-cup portions of tuna mixture, in batches, to skillet.
- Flatten into patties with back of spatula. Cook 6 min. or until golden brown on both sides, carefully turning patties after 3 min.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:15.006087222825%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 261.85kcal (13.09%), Fat: 8.94g (13.75%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 25.56g (9.3%), Sugar: 5.83g (6.48%), Cholesterol: 64.68mg (21.56%), Sodium: 796.05mg (34.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.1%), Selenium: 53.23µg (76.05%), Vitamin A: 2024.93IU (40.5%), Vitamin B3: 6.45mg (32.24%), Vitamin B12: 1.48µg (24.75%), Phosphorus: 210.45mg (21.04%), Calcium: 178.5mg (17.85%), Vitamin B2: 0.28mg (16.32%), Folate: 58.9µg (14.73%), Vitamin B1: 0.2mg (13.22%), Iron: 2.12mg (11.77%), Vitamin B6: 0.23mg (11.73%), Manganese: 0.2mg (9.83%), Zinc: 1.4mg (9.3%), Magnesium: 29.94mg (7.48%), Potassium: 218.25mg (6.24%), Vitamin K: 6.41µg (6.11%), Fiber: 1.52g (6.06%), Copper: 0.12mg (5.76%), Vitamin D: 0.83µg (5.51%), Vitamin B5: 0.4mg (4.01%), Vitamin E: 0.58mg (3.85%)