



Tuna Patties

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings mango-and-bell pepper salsa
- 0.3 cup butter
- 0.3 teaspoon mustard dry
- 2 large eggs lightly beaten
- 2 dashes hot sauce
- 0.5 cup italian-seasoned breadcrumbs
- 6 servings salad greens mixed
- 0.5 teaspoon old bay seasoning

- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 12 ounce tuna in spring water flaked drained canned
- 1 small onion diced sweet
- 4 slices bread white cubed
- 0.5 teaspoon worcestershire sauce

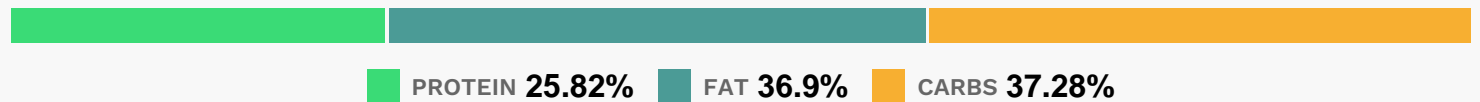
Equipment

- frying pan

Directions

- Stir together first 11 ingredients. Shape mixture into 6 patties.
- Melt half of butter in a skillet over medium-high heat. Cook 3 patties 4 minutes on each side or until golden. Repeat with remaining butter and patties.
- Serve over salad greens, and top with Mango-and-Bell Pepper Salsa.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:6.79, Inflammation Score:-10, Nutrition Score:24.074782433717%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 271.02kcal (13.55%), Fat: 11.22g (17.26%), Saturated Fat: 2.56g (16%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 22.53g (8.19%), Sugar: 7.49g (8.32%), Cholesterol: 82.51mg (27.5%), Sodium: 523.82mg (22.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.33%), Vitamin C: 107.69mg (130.54%), Selenium: 50.6µg (72.28%), Vitamin A: 3272.75IU (65.45%), Vitamin B3: 8.08mg (40.42%), Vitamin B6: 0.57mg (28.31%),

Vitamin B12: 1.65µg (27.5%), Folate: 102.77µg (25.69%), Manganese: 0.42mg (20.78%), Phosphorus: 200.6mg (20.06%), Vitamin B1: 0.28mg (18.77%), Vitamin B2: 0.3mg (17.84%), Iron: 3.1mg (17.24%), Potassium: 467.37mg (13.35%), Vitamin E: 1.91mg (12.76%), Fiber: 2.97g (11.9%), Magnesium: 43.55mg (10.89%), Calcium: 99.83mg (9.98%), Vitamin K: 10.03µg (9.56%), Vitamin B5: 0.84mg (8.39%), Zinc: 1.23mg (8.22%), Copper: 0.15mg (7.57%), Vitamin D: 1.01µg (6.76%)