



Tuna Patties

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cans tuna (5 to 6 ounce cans)
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup bread torn into pieces white
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon water canned (or liquid from the cans of tuna)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons chives fresh chopped

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings squirts of crystal hot sauce
- ☐ 1 eggs raw
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 teaspoon butter

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Drain tuna:
- ☐ Drain the liquid from the tuna cans. If you are using tuna packed in water, reserve a tablespoon of the tuna water, and add a teaspoon of olive oil to the tuna mixture in the next step.
- ☐ Mix tuna with mustard, bread, zest, lemon juice, water, parsley, chives, hot sauce, salt, pepper, egg: In a medium bowl, mix together the tuna, mustard, torn white bread, lemon zest, lemon juice, water, parsley, chives, and hot sauce.
- ☐ Sprinkle on salt and freshly ground black pepper. Taste the mixture before adding the egg to see if it needs more seasoning to your taste.
- ☐ Mix in the egg.
- ☐ Form into patties, chill: Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty.
- ☐ Place onto a wax paper lined tray and chill for an hour. (You can skip the chilling if you want, chilling just helps the patties stay together when you cook them.)
- ☐ Heat the olive oil and a little butter (for taste) in a cast iron or stick-free skillet on medium high. Gently place the patties in the pan, and cook until nicely browned, 3–4 minutes on each side.
- ☐ Serve with wedges of lemon. You can also serve with tartar sauce on slider buns for a tuna burger.

Nutrition Facts

PROTEIN 34.8% FAT 40.42% CARBS 24.78%

Properties

Glycemic Index:62.42, Glycemic Load:7.6, Inflammation Score:-5, Nutrition Score:17.877391317616%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 243.64kcal (12.18%), Fat: 10.82g (16.64%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 13.44g (4.89%), Sugar: 1.93g (2.15%), Cholesterol: 72.86mg (24.29%), Sodium: 377.39mg (16.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.95g (41.9%), Selenium: 70.41µg (100.58%), Vitamin B3: 10.15mg (50.75%), Vitamin K: 42.11µg (40.1%), Vitamin B12: 2.28µg (38.06%), Manganese: 0.4mg (20.21%), Phosphorus: 181.79mg (18.18%), Vitamin B6: 0.33mg (16.61%), Iron: 2.92mg (16.23%), Vitamin B2: 0.2mg (11.84%), Vitamin B1: 0.16mg (10.7%), Vitamin E: 1.51mg (10.06%), Folate: 39.35µg (9.84%), Magnesium: 36.35mg (9.09%), Vitamin D: 1.24µg (8.27%), Vitamin A: 360.79IU (7.22%), Zinc: 1.06mg (7.08%), Vitamin C: 5.77mg (7%), Potassium: 232.1mg (6.63%), Calcium: 65.82mg (6.58%), Fiber: 1.48g (5.94%), Vitamin B5: 0.57mg (5.66%), Copper: 0.1mg (5.13%)