



# Tuna Cakes

**SERVING SIZE:** 1 cake (about ½ cup of mix)  
**SERVINGS:** 4  
**PREPARATION TIME:** 20 minutes  
**COOK TIME:** 5 minutes

## INGREDIENTS:

- 3 slices 100% whole wheat bread
- 1 5 oz. tuna packets
- 2 tablespoons mayonnaise
- 1 large egg
- 2 tablespoons olive or vegetable oil

## DIRECTIONS:

1. Toast 3 slices of bread in toaster on low heat 2-3 times until light brown and very crispy. OR toast in 275 degree oven for 10-20 minutes.
1. Crumble bread. Should make about 1 cup of bread crumbs.
2. Mix tuna, mayo and egg in bowl. Mix in bread crumbs with spoon or hands until well-blended.
3. Divide tuna mixture into 4 patties.
4. Pour oil in frying pan on medium heat OR use a no-stick pan.
5. Add patties to frying pan and fry about one minute on each side until golden brown.
6. Enjoy!

## RECIPE TIPS:

- Use one can of tuna in place of two packets of tuna.



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>225</b>
<b>Total fat</b>	15g
Saturated fat	2g
<b>Cholesterol</b>	70mg
<b>Sodium</b>	285mg
<b>Total Carbohydrate</b>	10g
Fiber	1.5g
Sugar	2g
Includes 0g of Added Sugars	
<b>Protein</b>	13g
<b>Phosphorus</b>	120mg
<b>Potassium</b>	240mg

## EQUIPMENT NEEDED:

- Stove or hot plate
- Oven

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyselves.org](http://healthyselves.org)