

# Baked Tuna Loaves with Caper Sauce

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 8

6 tablespoons butter or margarine, divided  
3/4 cup onion, chopped  
3/4 cup celery, chopped  
3 tablespoons parsley, chopped  
1 cup dried breadcrumbs, moistened with 1/4-cup of water  
2/3 cup evaporated milk  
2 hard-cooked eggs, chopped  
3 tablespoons lemon juice  
2 eggs, beaten  
1 teaspoon salt  
1/4 teaspoon pepper  
3 cans (7 ounce) tuna, drained and flaked  
CAPER SAUCE  
3 tablespoons butter or margarine  
3 tablespoons all-purpose flour  
3/4 teaspoon salt  
1/4 teaspoon paprika  
dash hot pepper sauce  
2 cups milk  
1 tablespoon bottled capers, drained

Preheat the oven to 350 degrees.

In a skillet with four tablespoons of butter, saute' the onions, celery and parsley about 5 minutes until the onions are golden brown. Turn the mixture into a large bowl.

Add the breadcrumbs, chopped eggs, milk, lemon juice, beaten eggs, tuna, salt and pepper. Mix thoroughly.

On a lightly greased baking sheet, shape the tuna mixture into eight loaves, using about 3/4 cup for each. Melt the remaining butter and brush over the loaves.

Bake for about 25 minutes or until lightly browned.

For the Caper Sauce: In a medium saucepan over low heat, melt the butter. Remove from the heat. Add the flour, salt and paprika, stirring until smooth. Return to the heat and add the pepper sauce. Add the milk, a little at a time, stirring constantly. Bring to a boil over medium heat, continuing to stir.

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Per Serving (excluding unknown items): 330 Calories; 22g Fat (61.1% calories from fat); 22g Protein; 10g Carbohydrate; 1g Dietary Fiber; 180mg Cholesterol; 719mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat.

Seafood

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	330	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	61.1%	<b>Vitamin B12 (mcg):</b>	6.6mcg
<b>% Calories from Carbohydrates:</b>	11.9%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	27.0%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	22g	<b>Folacin (mcg):</b>	31mcg
<b>Saturated Fat (g):</b>	12g	<b>Niacin (mg):</b>	6mg
<b>Monounsaturated Fat (g):</b>	7g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	180mg	<b>% Daily Values:</b>	n n%
<b>Carbohydrate (g):</b>	10g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	22g	<b>Lean Meat:</b>	2 1/2
<b>Sodium (mg):</b>	719mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	429mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	162mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	3 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	7mg		
<b>Vitamin A (i.u.):</b>	2304IU		
<b>Vitamin A (r.e.):</b>	628 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 330                      **Calories from Fat:** 202

**% Daily Values\***

<b>Total Fat</b> 22g	34%
Saturated Fat 12g	59%
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 719mg	30%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 1g	3%
<b>Protein</b> 22g	
<b>Vitamin A</b>	46%
<b>Vitamin C</b>	12%
<b>Calcium</b>	16%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.