

Tuna Cakes

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1/3 cup mayonnaise or salad dressing
2 cans (5 ounce ea) chunk light tuna
in water, drained and flaked
1 package (6 ounce) stuffing mix for
chicken
1 cup mild Cheddar cheese, shredded
2 tablespoons sweet pickle relish
1 carrot, shredded
3/4 cup water

In a bowl, combine all of the ingredients.
Refrigerate for 10 minutes.

Heat a large nonstick skillet with cooking spray
on medium heat. Use an ice cream scoop to
add one-third cup portions of the tuna mixture, in
batches, to the skillet.

Flatten the tuna portions into patties with the
back of a spatula.

Cook for 6 minutes or until golden brown on both
sides carefully turning the patties after 3
minutes.

Per Serving (excluding unknown
items): 71 Calories; trace Fat (3.2%
calories from fat); 1g Protein; 18g
Carbohydrate; 3g Dietary Fiber;
0mg Cholesterol; 278mg Sodium.
Exchanges: 1 1/2 Vegetable; 1/2
Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	71
% Calories from Fat:	3.2%
% Calories from Carbohydrates:	92.5%
% Calories from Protein:	4.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	18g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 1g
Sodium (mg): 278mg
Potassium (mg): 240mg
Calcium (mg): 24mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 20300IU
Vitamin A (r.e.): 2029RE

Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 71 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	278mg	12%
Total Carbohydrates	18g	6%
Dietary Fiber	3g	12%
Protein	1g	
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Vitamin A		406%
Vitamin C		12%
Calcium		2%
Iron		4%

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