

Tuna Croquettes with Parsley Sauce

Mrs. Roy D. Simpson - Fort Myers, FL
Southern Living - 1986 Annual Recipes

Servings: 6

1 cup dry breadcrumbs
1 can (6-1/2 ounce) water-packed tuna, drained
1 cup carrots, grated
1/2 cup skim milk
1/2 cup celery, diced
1 egg, beaten
1 tablespoon onion, minced
1/4 teaspoon salt
1/8 teaspoon pepper
vegetable cooking spray
PARSLEY SAUCE
1 cup skim milk, divided
1 tablespoon cornstarch
2 tablespoons reduced-calorie margarine
1/8 teaspoon pepper
1/4 cup fresh parsley, chopped
1 1/2 tablespoons lemon juice

Preheat the oven to 400 degrees.

In a bowl, combine the breadcrumbs, tuna, carrots, milk, celery, egg, onion, salt and pepper. Mix well.

Divide the mixture into six equal portions, shaping each into a cone. Place on a baking sheet coated with cooking spray.

Bake for 20 minutes.

In a small saucepan, combine 1/4 cup of skim milk and the cornstarch. Stir until smooth.

Add the remaining milk, margarine and pepper. Cook over medium heat, stirring constantly, until the mixture comes to a boil. Boil for 1 minute.

Remove from the heat. Stir in the parsley and lemon juice.

Serve the croquettes hot with the Parsley Sauce.

Per Serving (excluding unknown items): 140 Calories; 4g Fat (24.8% calories from fat); 6g Protein; 21g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 351mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	140	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	24.8%
% Calories from Carbohydrates:	58.6%
% Calories from Protein:	16.6%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	36mg
Carbohydrate (g):	21g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	351mg
Potassium (mg):	274mg
Calcium (mg):	136mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	6510IU
Vitamin A (r.e.):	704 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	22mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 140 Calories from Fat: 35

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 36mg	12%
Sodium 351mg	15%
Total Carbohydrates 21g	7%
Dietary Fiber 1g	6%
Protein 6g	
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Vitamin A	130%
Vitamin C	14%
Calcium	14%
Iron	9%

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