

Tuna Patties

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-tuna-recipe>

Ingredients:

- 12 ounces tuna
- 2 teaspoons Dijon mustard
- 1/2 cup white bread torn into small pieces
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon water or liquid from the cans of tuna
- 2 tablespoons fresh parsley chopped
- 2 tablespoons chopped fresh chives green onions, or shallots
- salt
- freshly ground black pepper
- Crystal Hot Sauce A couple squirts of, or tabasco
- 1 egg
- 2 tablespoons olive oil
- 1/2 teaspoon butter

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 85 milligrams
4. Fat: 13 grams
5. Protein: 22 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 280 milligrams
8. Sugar: 1 grams

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