

# Clean Eating Tuna Patties

Yield: 12 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-ornament-recipe-flour-salt-water>

## Ingredients:

- 15 ounces water packed tuna
- salt water
- 3 eggs
- 2 tablespoons lemon juice about ½ a large lemon
- 1/2 cup red onion chopped
- 1 teaspoon dried parsley
- 1/2 teaspoon dried dill
- 1 teaspoon garlic powder
- oil for cooking

## Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 55 milligrams
4. Fat: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 20 milligrams

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