

# East End Tuna Croquettes

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/east-end-pie-mash-recipe>

## Ingredients:

- 12 ounces tuna drained and mashed
- 2 scallions chopped
- 1/4 cup all purpose flour
- 2 eggs beaten
- 1 cup panko bread crumbs
- salt
- pepper
- olive oil for frying

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 140 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 280 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy East End Tuna Croquettes above. You can see more 20 east end pie mash recipe Delight in these amazing recipes! to get more great cooking ideas.