

# Easy Tuna Cakes

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-tuna-cakes-recipe>

## Ingredients:

- 2 cans tuna in water drained
- 1 tablespoon fresh parsley chopped
- 1/4 cup panko breadcrumbs
- 1 egg medium size
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon Dijon mustard

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 70 milligrams
4. Fat: 4 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 190 milligrams

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