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## Chicken Patties

### Ingredients:

- 1 (12-ounce) can chicken drained and flaked
- 1½ cups bread crumbs; divided
- 1 egg, lightly beaten
- ¼ cup lite mayonnaise
- ¼ cup chopped onion (optional)
- vegetable oil spray

*Makes 6 servings - 35% calories from fat*

### Instructions:

1. In a medium bowl, combine chicken, ¾ cup breadcrumbs, egg, mayonnaise, and onion. Combine ingredients together and form six patties.
2. Place remaining ¾ cup breadcrumbs in a shallow dish and coat both sides of patties.
3. Cook patties in a skillet sprayed with vegetable oil spray, on medium heat, for 3-5 minutes on each side cooking until golden brown.

Nutrition Facts	
Serving Size 1 Pattie	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 260</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 19g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 6%	• Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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