

Chicken Patties

Ingredients

1 (12-ounce) can chicken
drained and flaked

1½ cups seasoned bread
crumbs; divided

1 egg, lightly beaten

¼ cup light mayonnaise

¼ cup chopped onion
(optional)

vegetable oil spray

Makes 6 servings

Instructions

1. In a medium bowl, combine drained, flaked chicken, ¾ cup breadcrumbs, egg, mayonnaise, and onion. Mix ingredients together and form mixture into six patties.
2. Place remaining ¾ cup breadcrumbs in a shallow dish, dipping patties to coat both sides.
3. Then cook patties in a skillet sprayed with vegetable oil spray, on medium heat. Before turning patties over spray tops with vegetable oil spray. Cook 3-5 minutes on each side until golden brown.

Note:

- Canned tuna can be substituted in place of canned chicken to make tuna patties.

Nutrition Facts

Serving Size 1 Pattie
Servings Per Container 6

Amount Per Serving

Calories 260 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 370mg **15%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 19g

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

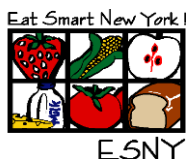
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

35% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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