



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

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

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 of Schoharie County.

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