



Abalone Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



352 kcal

Ingredients

- ☐ 10 servings canola oil
- ☐ 2 cups cornbread crumbs
- ☐ 2 tablespoons cucumber seedless minced
- ☐ 10 servings dill sauce
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 teaspoon old bay seasoning
- ☐ 2 tablespoons orange juice fresh
- ☐ 2.5 teaspoons orange rind grated
- ☐ 2 cups panko breadcrumbs
- ☐ 2 tablespoons bell pepper red minced
- ☐ 2 tablespoons onion red minced
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 teaspoon pepper white freshly ground
- ☐ 14 ounces abalone
- ☐ 14 ounces abalone

Equipment

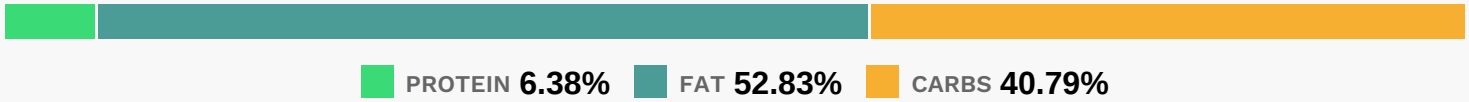
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Place abalone in a food processor, and pulse until finely chopped.
- ☐ Transfer abalone to a bowl; add egg and next 5 ingredients. Stir in lime rind and next 7 ingredients.
- ☐ Combine citrus juices. Slowly add juice until mixture is slightly wet but still holds together. Cover and chill at least 1 hour.

- ☐ Form chilled mixture into 10 balls (golf ball size); lightly roll in panko breadcrumbs. Flatten balls to form 1/2-inch-thick patties.
- ☐ Pour oil into a cast-iron skillet to a depth of 1 inch; heat to 37
- ☐ Fry patties, in batches, 3 to 4 minutes on each side or until golden brown.
- ☐ Remove from pan, and drain on paper towels.
- ☐ Transfer to a baking sheet, and keep warm in a 200 oven. Repeat procedure with remaining patties.
- ☐ Serve with Dill Sauce.
- ☐ *Asian food stores carry panko breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:8.5095652678738%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 351.98kcal (17.6%), Fat: 20.84g (32.06%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 34.25g (12.46%), Sugar: 9.12g (10.13%), Cholesterol: 48.96mg (16.32%), Sodium: 613.23mg (26.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Phosphorus: 223.43mg (22.34%), Vitamin E: 2.82mg (18.79%), Vitamin K: 15.47µg (14.74%), Vitamin B1: 0.22mg (14.52%), Selenium: 9µg (12.85%), Manganese: 0.25mg (12.4%), Folate: 45.42µg (11.36%), Calcium: 101.63mg (10.16%), Vitamin B2: 0.17mg (10.04%), Iron: 1.71mg (9.49%), Vitamin B3: 1.81mg (9.06%), Vitamin C: 6.9mg (8.37%), Fiber: 1.95g (7.81%), Vitamin A: 238.78IU (4.78%), Vitamin B5: 0.47mg (4.68%), Magnesium: 17.28mg (4.32%), Vitamin B6: 0.08mg (4.1%), Zinc: 0.61mg (4.09%), Copper: 0.08mg (4%), Potassium: 129.19mg (3.69%), Vitamin B12: 0.21µg (3.46%)