



Almond-Crusted Shrimp Cakes with Lemon Soy Mayonnaise

READY IN



55 min.

SERVINGS



4

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz almonds sliced
- ☐ 1 bacon chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon hot sauce to taste
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 servings garnish: lemon wedges and cilantro leaves fresh

- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup scallions chopped (4)
- ☐ 0.8 lb shrimp in shell deveined peeled per lb), and
- ☐ 1.5 teaspoons soya sauce
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 1 slice sandwich bread white firm

Equipment

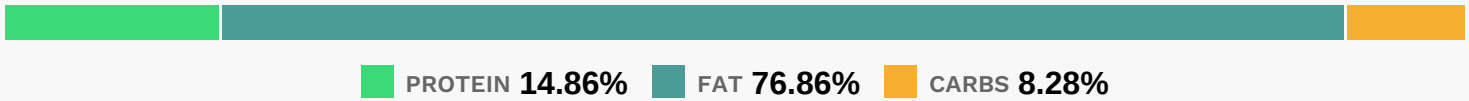
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Stir together all mayonnaise ingredients in a small bowl. Chill until ready to serve.
- ☐ Pulse chopped bacon in food processor until finely chopped. Pat shrimp dry, then add to bacon and pulse just until shrimp is coarsely chopped (do not purée). Soak bread in milk in a shallow bowl until very soft, about 30 seconds.
- ☐ Add wet bread to shrimp mixture, discarding any remaining milk, and pulse until just combined.
- ☐ Transfer shrimp mixture to a bowl, then stir in scallions, cilantro, cornstarch, salt, sugar, and pepper until combined well.
- ☐ Spread almonds on a large plate. Using a 1/4-cup measure, drop 1 mound of shrimp mixture onto almonds.

- ☐ Sprinkle almonds over shrimp mound to coat, gently pressing to form a (3 1/2-inch) cake (1/3 inch thick).
- ☐ Transfer cake to a wax-paper-lined baking sheet. Make 7 more cakes in same manner, transferring to baking sheet. Discard any remaining almonds.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook 4 cakes, turning over once and rotating for even browning, until almonds are golden and cakes are just cooked through, 4 to 6 minutes total.
- ☐ Transfer to a paper-towel-lined plate and keep warm, loosely covered with foil. Discard any almonds left in skillet, then add remaining tablespoon oil and cook remaining 4 cakes in same manner.
- ☐ Serve warm, with lemon soy mayonnaise.

Nutrition Facts



Properties

Glycemic Index:94.84, Glycemic Load:3.56, Inflammation Score:-7, Nutrition Score:24.118261135143%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 755.39kcal (37.77%), Fat: 66.21g (101.85%), Saturated Fat: 9.24g (57.78%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 10.14g (3.69%), Sugar: 4.06g (4.51%), Cholesterol: 160.03mg (53.34%), Sodium: 1010.93mg (43.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.6%), Vitamin K: 113.98µg (108.55%), Vitamin E: 13.22mg (88.15%), Manganese: 1.09mg (54.56%), Phosphorus: 434.04mg (43.4%), Copper: 0.81mg (40.3%), Magnesium: 153.09mg (38.27%), Vitamin B2: 0.55mg (32.24%), Fiber: 5.91g (23.63%), Calcium: 215.52mg (21.55%), Zinc: 2.78mg (18.51%), Potassium: 631.24mg (18.04%), Iron: 2.62mg (14.53%), Vitamin B3: 2.24mg (11.18%), Vitamin B1: 0.16mg (10.41%), Folate: 36.71µg (9.18%), Selenium: 5.69µg (8.14%), Vitamin B6: 0.11mg (5.31%), Vitamin C: 3.93mg

(4.76%), Vitamin B5: 0.42mg (4.18%), Vitamin A: 194.16IU (3.88%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.27µg (1.83%)