



Artichoke Cakes with Cajun Rémoulade

READY IN



45 min.

SERVINGS



24

CALORIES



99 kcal

Ingredients

- ☐ 42 ounce artichoke hearts drained chopped canned
- ☐ 1 cup breadcrumbs packed soft
- ☐ 24 servings cajun spice
- ☐ 2 teaspoons dijon mustard
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons spring onion chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 teaspoon salt

- ☐ 0.3 cup whipping cream
- ☐ 1 teaspoon worcestershire sauce

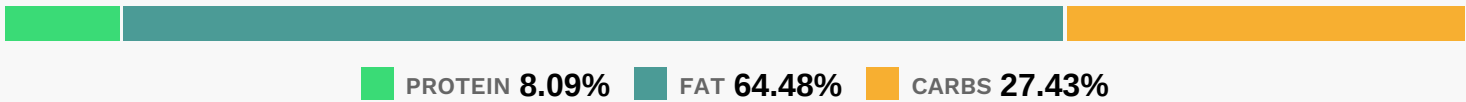
Equipment

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

Directions

- ☐ Squeeze liquid from artichokes, using paper towels, until artichokes are just slightly moist.
- ☐ Place artichokes in a medium bowl.
- ☐ Add eggs and next 3 ingredients.
- ☐ Combine mayonnaise and next 5 ingredients in a separate bowl; stir well.
- ☐ Add mayonnaise mixture to artichoke mixture; stir gently until thoroughly combined. Cover and chill at least 2 hours.
- ☐ Place a large, lightly oiled nonstick skillet over medium-high heat. Scoop artichoke mixture into 1 1/2-inch balls; place in skillet, and flatten slightly. Cook 2 to 2 1/2 minutes on each side or until golden and slightly set.
- ☐ Transfer to a lightly greased baking sheet.
- ☐ Bake at 400 for 10 to 12 minutes or until done.
- ☐ Serve with Cajun Rmoulade.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:4.3608695812847%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 98.54kcal (4.93%), Fat: 7.05g (10.85%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 4.99g (1.81%), Sugar: 1.2g (1.33%), Cholesterol: 21.24mg (7.08%), Sodium: 373.46mg (16.24%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.99g (3.98%), Vitamin A: 1151.32IU (23.03%), Vitamin K: 14.6µg (13.91%), Fiber: 1.76g (7.06%), Vitamin E: 0.94mg (6.25%), Vitamin C: 4.62mg (5.6%), Iron: 0.77mg (4.29%), Vitamin B2: 0.07mg (4.21%), Selenium: 2.93µg (4.18%), Manganese: 0.08mg (4.06%), Vitamin B1: 0.06mg (3.75%), Vitamin B6: 0.07mg (3.35%), Vitamin B3: 0.54mg (2.71%), Phosphorus: 26.56mg (2.66%), Folate: 10.25µg (2.56%), Potassium: 75.79mg (2.17%), Calcium: 18.59mg (1.86%), Magnesium: 7.02mg (1.76%), Vitamin B5: 0.17mg (1.7%), Copper: 0.03mg (1.62%), Zinc: 0.24mg (1.57%), Vitamin B12: 0.07µg (1.09%)