



Coconut Curry Shrimp Cakes with Papaya-Lime Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon curry powder
- ☐ 1 large eggs
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons spring onion minced
- ☐ 3 tablespoons lite coconut milk light

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon soy sauce low-sodium
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 cup papaya diced peeled
- ☐ 2 tablespoons bell pepper red minced
- ☐ 4 cups the salad
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons serrano chiles minced seeded
- ☐ 2 teaspoons sesame seed toasted
- ☐ 12 ounces shrimp deveined peeled chopped
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons coconut sweetened flaked
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ To prepare shrimp cakes, heat a large nonstick skillet over medium heat.
- ☐ Add curry powder; cook 30 seconds or until lightly toasted and fragrant, stirring constantly.
- ☐ Combine curry powder and next 13 ingredients (curry powder through garlic), stirring well. Cover and chill 1 hour. Divide shrimp mixture into 8 equal portions; shape each portion into a 1/2-inch-thick patty.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add shrimp cakes to pan, and cook 4 minutes on each side or until browned.
- ☐ Remove pan from heat; cover and let stand 5 minutes.
- ☐ To prepare sauce, combine papaya and next 3 ingredients (papaya through sugar) in a food processor; process until smooth.

- ☐
- Place 1 cup greens on each of 4 plates. Top each serving with 2 shrimp cakes; spoon about 1/4 cup sauce over each serving, and sprinkle with 1/2 teaspoon sesame seeds.
- ☐
- Serve immediately.

Nutrition Facts

PROTEIN

36.54%

FAT

22.13%

CARBS

41.33%

Properties

Glycemic Index:77.46, Glycemic Load:3.53, Inflammation Score:-7, Nutrition Score:13.424347768659%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 238.15kcal (11.91%), Fat: 5.97g (9.18%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 22.5g (8.18%), Sugar: 9.05g (10.05%), Cholesterol: 183.43mg (61.14%), Sodium: 465.33mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Vitamin C: 42.52mg (51.53%), Phosphorus: 274.35mg (27.43%), Copper: 0.5mg (24.99%), Vitamin A: 1064.18IU (21.28%), Manganese: 0.39mg (19.58%), Magnesium: 62.29mg (15.57%), Folate: 58.13µg (14.53%), Potassium: 495.45mg (14.16%), Selenium: 9.77µg (13.95%), Vitamin B1: 0.19mg (12.74%), Iron: 2.23mg (12.36%), Zinc: 1.84mg (12.27%), Calcium: 120.85mg (12.08%), Fiber: 2.58g (10.33%), Vitamin B2: 0.17mg (9.78%), Vitamin K: 9.59µg (9.14%), Vitamin B3: 1.59mg (7.96%), Vitamin B6: 0.14mg (6.98%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.25µg (1.67%)