



Cod Fish Cakes

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound filets
- ☐ 2 medium russet potatoes
- ☐ 1 cup breadcrumbs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 2 garlic cloves finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper

- ☐ 2 eggs lightly beaten
- ☐ 4 servings canola oil

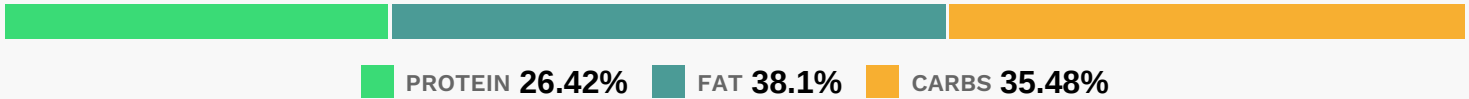
Equipment

- ☐ frying pan

Directions

- ☐ Boil and mash the potatoes, set them aside.
- ☐ Simmer the codfish until it flakes easily.
- ☐ Drain and flake the fish with a fork. Be sure to remove all bones.
- ☐ Mix the flaked fish, the potatoes and the rest of the ingredients together well by hand. If the mixture is too crumbly, add another egg. If too sticky, add some more breadcrumbs.
- ☐ Form the mixture into cakes and fry them on medium high heat in a skillet coated with oil, until nice browned on one side, then flip them over and continue to cook until well browned on the other side.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:15.34, Inflammation Score:-7, Nutrition Score:23.672608665798%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 453.73kcal (22.69%), Fat: 19.11g (29.41%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 40.04g (13.35%), Net Carbohydrates: 37.22g (13.54%), Sugar: 2.47g (2.74%), Cholesterol: 132.78mg (44.26%), Sodium: 923.24mg (40.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.65%), Selenium: 52.62µg (75.18%), Vitamin K: 74.28µg (70.75%), Phosphorus: 397.6mg (39.76%), Vitamin B6: 0.74mg (37%), Vitamin B1: 0.45mg (30.04%), Potassium: 1030.69mg (29.45%), Vitamin B3: 5.31mg (26.57%), Manganese: 0.51mg (25.25%), Vitamin B12: 1.36µg

(22.6%), Vitamin E: 3.05mg (20.33%), Magnesium: 78.6mg (19.65%), Vitamin B2: 0.33mg (19.56%), Iron: 3.41mg (18.96%), Folate: 68.02µg (17%), Vitamin C: 12.66mg (15.35%), Calcium: 125.32mg (12.53%), Copper: 0.24mg (12.05%), Fiber: 2.82g (11.27%), Zinc: 1.66mg (11.1%), Vitamin B5: 1.02mg (10.16%), Vitamin A: 504.25IU (10.09%), Vitamin D: 1.47µg (9.82%)