



Creole Cakes with Sweet and Spicy Rémoulade Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

Ingredients

- 1 teaspoon cajun spice
- 1 tablespoon dijon mustard
- 2 large egg whites
- 0.3 cup yogurt plain fat-free
- 1 Dash garlic powder
- 0.3 cup spring onion minced
- 2 tablespoons spring onion minced
- 1 Dash ground pepper red
- 0.3 cup mayonnaise light

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- 1 tablespoon pickle relish sweet
- 3 cups turkey breast cooked chopped
- 1 teaspoon vegetable oil
- 2 ounce sandwich bread white
- 1 tablespoon worcestershire sauce

Equipment

- food processor
- bowl
- frying pan

Directions

- To prepare the sauce, combine first 7 ingredients in a small bowl. Chill.
- To prepare the cakes, place bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1 1/4 cups. Set aside.
- Combine the turkey and next 5 ingredients (turkey through egg whites). Stir in the breadcrumbs. Divide turkey mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- Heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- Add patties; cook 5 minutes. Turn patties over; cook 5 minutes or until golden brown.
- Serve with sauce.

Nutrition Facts

 **PROTEIN 54.79%**  **FAT 27.31%**  **CARBS 17.9%**

Properties

Glycemic Index:55.69, Glycemic Load:5.17, Inflammation Score:-6, Nutrition Score:22.549565227135%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 313.06kcal (15.65%), Fat: 9.54g (14.68%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 13.06g (4.75%), Sugar: 5.17g (5.74%), Cholesterol: 99.59mg (33.2%), Sodium: 779.01mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.06g (86.12%), Vitamin B3: 18.5mg (92.5%), Vitamin B6: 1.42mg (71.1%), Selenium: 49.55µg (70.79%), Phosphorus: 485.52mg (48.55%), Vitamin K: 40.54µg (38.61%), Vitamin B2: 0.44mg (25.66%), Vitamin B12: 1.26µg (20.95%), Zinc: 2.75mg (18.36%), Potassium: 615.5mg (17.59%), Vitamin B5: 1.66mg (16.58%), Magnesium: 60.06mg (15.01%), Iron: 2.09mg (11.61%), Calcium: 114.18mg (11.42%), Vitamin B1: 0.16mg (10.71%), Folate: 40.28µg (10.07%), Vitamin A: 473.12IU (9.46%), Copper: 0.15mg (7.42%), Manganese: 0.14mg (7.18%), Vitamin E: 0.94mg (6.29%), Fiber: 1.01g (4.03%), Vitamin C: 2.94mg (3.57%), Vitamin D: 0.18µg (1.18%)