



Crushed pea fish cakes with chilli-lime mayo



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g potatoes cut into chunks
- ☐ 175 g peas frozen
- ☐ 300 g trout
- ☐ 1 knob butter
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 4 tbsp mayonnaise
- ☐ 1 lime zest
- ☐ 1 to 5 chillies red deseeded finely chopped

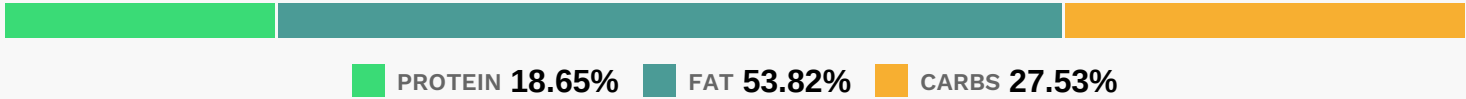
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Cook the potatoes in boiling, salted water until tender, adding the peas for the final 5 mins. Meanwhile, put the fish in a microwaveable dish, dot with butter, cover with cling film, then microwave on High for 3–4 mins until tender.
- ☐ Drain the potatoes and peas, then return to the pan and mash well. Skin and flake the fish, then add to the mash and season. Shape into 8 cakes with floured hands and lightly dust with flour.
- ☐ Heat the oil in a non-stick frying pan, then fry the fish cakes until crisp and golden, turning once.
- ☐ Mix the mayo, lime and chilli, then serve with the fish cakes, lime wedges and salad, if you like.

Nutrition Facts



Properties

Glycemic Index:76.27, Glycemic Load:18.5, Inflammation Score:-7, Nutrition Score:27.75000010366%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 445.58kcal (22.28%), Fat: 26.91g (41.4%), Saturated Fat: 5.94g (37.11%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 25.09g (9.12%), Sugar: 4.42g (4.91%), Cholesterol: 60.58mg (20.19%), Sodium: 171.42mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.96%), Vitamin B12: 5.87µg (97.8%), Vitamin C: 63.54mg (77.02%), Manganese: 1.03mg (51.61%), Vitamin K: 38.22µg (36.4%), Vitamin B1: 0.49mg (32.91%), Vitamin B6: 0.66mg (32.9%), Phosphorus: 314.26mg (31.43%), Vitamin B3: 5.78mg (28.91%), Potassium: 961.08mg (27.46%), Vitamin E: 3.78mg (25.23%), Fiber: 5.88g (23.53%), Vitamin B2: 0.36mg (21.33%), Vitamin D: 2.95µg (19.68%), Vitamin B5: 1.96mg (19.59%), Copper: 0.38mg (19.05%), Iron: 2.99mg (16.61%), Magnesium: 63.52mg

(15.88%), Selenium: 11.11µg (15.87%), Folate: 62.96µg (15.74%), Vitamin A: 635.58IU (12.71%), Zinc: 1.47mg (9.82%), Calcium: 67.65mg (6.77%)