



Curried Scallop Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



191 kcal

Ingredients

- 1.5 tablespoons curry powder
- 1.5 tablespoons ground mustard dry
- 3 large egg yolk
- 0.3 cup cilantro leaves fresh chopped
- 3 spring onion chopped
- 0.5 teaspoon pepper black
- 0.8 cup mayonnaise
- 3.5 cups panko bread crumbs (Japanese breadcrumbs)
- 0.8 teaspoon salt

- 1.5 pounds scallops fresh cut into 1/4-inch pieces
- 40 servings vegetable oil

Equipment

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

Directions

- Mix first 9 ingredients and 1 1/2 cups panko in large bowl to blend. Cover mixture and refrigerate 1 hour.
- Place remaining 2 cups panko on large plate. Form scallop mixture into balls, using 1 heaping tablespoon for each. Coat in panko, flattening slightly.
- Heat enough vegetable oil in heavy large skillet over medium-high heat to come 1/4 inch up sides of pan. Working in batches, sauté scallop cakes until golden and cooked through, about 1 1/2 minutes per side.
- Transfer scallop cakes to paper towels to drain. (Can be made 4 hours ahead. Cool, then cover and refrigerate. Reheat on baking sheet in 350°F oven 8 minutes.)
- Transfer scallop cakes to platter.
- *Panko (Japanese breadcrumbs) can be found at Asian markets and in the Asian foods section of some supermarkets.

Nutrition Facts

  
 PROTEIN 6.46%  FAT 83.84%  CARBS 9.7%

Properties

Glycemic Index:3.78, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.084347826087%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 191.35kcal (9.57%), Fat: 17.97g (27.65%), Saturated Fat: 2.84g (17.78%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.3g (1.57%), Sugar: 0.4g (0.45%), Cholesterol: 19.62mg (6.54%), Sodium: 176.35mg (7.67%), Protein: 3.11g (6.23%), Vitamin K: 35.5µg (33.81%), Vitamin E: 1.39mg (9.28%), Phosphorus: 74.72mg (7.47%), Selenium: 4.9µg (7.01%), Vitamin B12: 0.29µg (4.8%), Vitamin B1: 0.06mg (3.86%), Manganese: 0.07mg (3.68%), Folate: 11.85µg (2.96%), Iron: 0.47mg (2.63%), Vitamin B3: 0.49mg (2.47%), Magnesium: 7.91mg (1.98%), Zinc: 0.3mg (1.97%), Vitamin B2: 0.03mg (1.97%), Potassium: 56.32mg (1.61%), Calcium: 15.26mg (1.53%), Fiber: 0.38g (1.51%), Vitamin B6: 0.03mg (1.4%), Copper: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.15%)