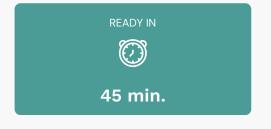
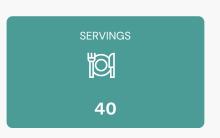


Curried Scallop Cakes

airy Free







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

40 servings vegetable oil Equipment bowl frying pan baking sheet
bowl frying pan
bowl frying pan
frying pan
baking sheet
paper towels
oven
Directions
Mix first 9 ingredients and 11/2 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 11/2 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%
Droportios
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

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%)