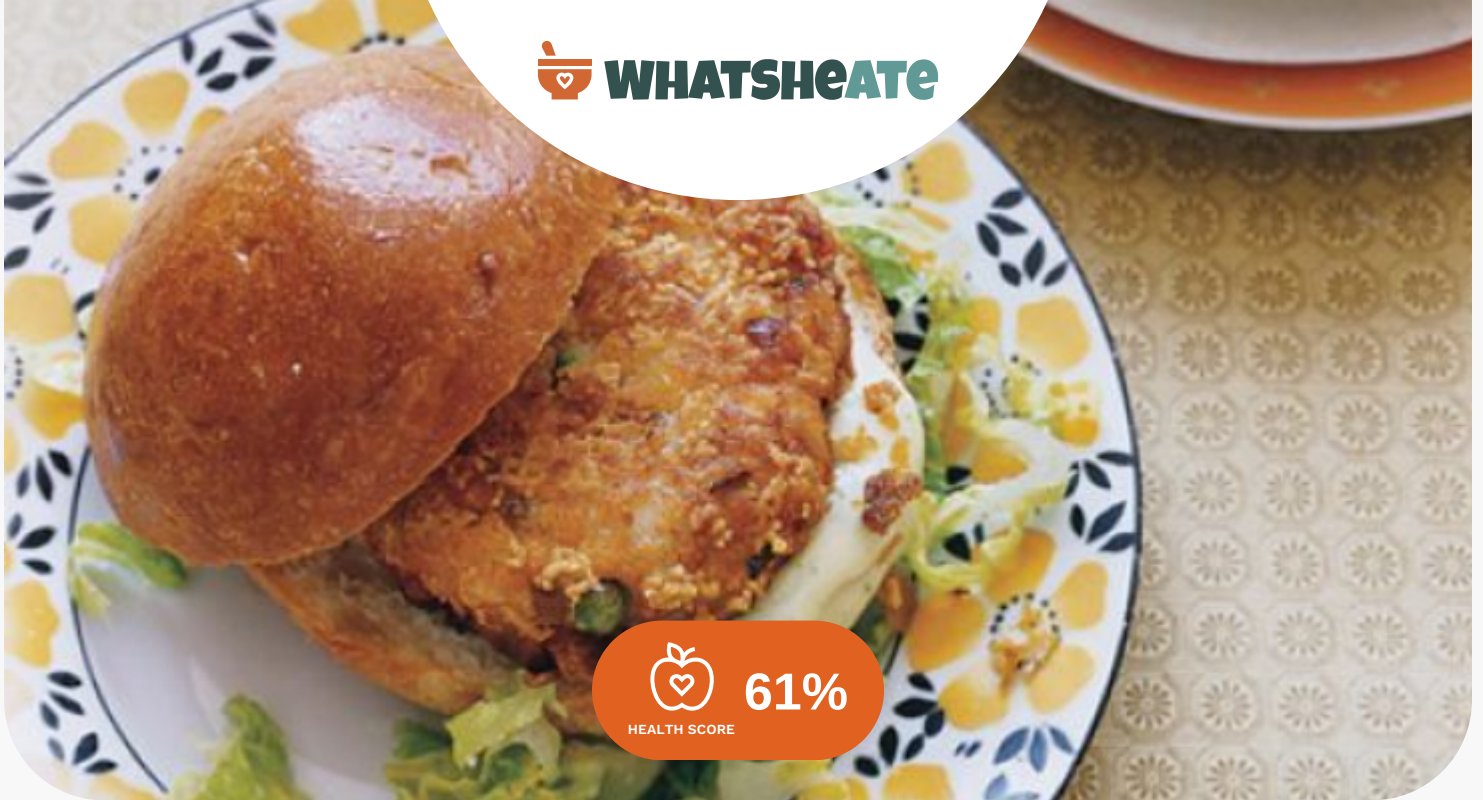




Fish Cakes

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 strips bacon chopped
- ☐ 1 pound cod leftover flaked cooked fine (is)
- ☐ 2 cups corn chex crushed
- ☐ 1 eggs beaten
- ☐ 6 hamburger buns
- ☐ 0.5 cup peas frozen
- ☐ 1 large baking potatoes peeled
- ☐ 6 servings salt and pepper to taste

- ☐ 4 scallions white chopped (parts only)
- ☐ 3 tablespoons vegetable oil

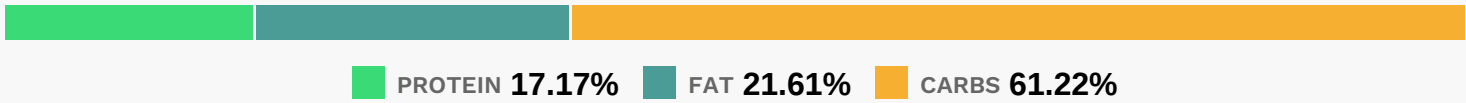
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mash the potato in a large bowl.
- ☐ In a small skillet, cook the bacon and scallions until the meat is crisp, about 5 minutes.
- ☐ Add the bacon and scallions to the bowl.
- ☐ Mix in the cod, peas (if using), egg, salt, and pepper.
- ☐ Cover and chill for 30 minutes.
- ☐ Put the cornflake or Chex crumbs in a shallow bowl. Form the cod mixture into 6 three-inch round patties. Press all sides of them into the crumbs.
- ☐ Heat the oil in a skillet over medium-high heat.
- ☐ Fry the cakes for 1 to 2 minutes a side.
- ☐ Serve them on the buns, with tartar sauce or mayonnaise.

Nutrition Facts



Properties

Glycemic Index:37.18, Glycemic Load:22.2, Inflammation Score:-9, Nutrition Score:44.607391212298%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 656.19kcal (32.81%), Fat: 15.93g (24.51%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 101.55g (33.85%), Net Carbohydrates: 96.47g (35.08%), Sugar: 11.9g (13.22%), Cholesterol: 69.47mg (23.16%), Sodium: 1134.41mg

(49.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.94%), Iron: 25.57mg (142.05%), Vitamin B1: 1.48mg (98.54%), Vitamin B6: 1.91mg (95.65%), Vitamin B3: 19mg (95%), Folate: 352.28µg (88.07%), Vitamin B2: 1.46mg (86.09%), Vitamin B12: 4.86µg (80.93%), Selenium: 48.98µg (69.97%), Phosphorus: 362.81mg (36.28%), Vitamin K: 35.33µg (33.65%), Vitamin C: 27.72mg (33.6%), Vitamin A: 1657IU (33.14%), Manganese: 0.54mg (27.23%), Vitamin D: 3.72µg (24.83%), Potassium: 844.39mg (24.13%), Magnesium: 87.22mg (21.8%), Fiber: 5.07g (20.29%), Copper: 0.33mg (16.35%), Zinc: 2.07mg (13.8%), Calcium: 99.69mg (9.97%), Vitamin E: 1.46mg (9.71%), Vitamin B5: 0.69mg (6.94%)