



Fish Cakes with Chipotle Cream

READY IN



50 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bread whole-wheat
- 1 chipotle chili canned minced
- 3 stalks celery cut into thin slivers
- 2 celery stalks minced
- 4 servings cilantro leaves chopped
- 1.5 pounds cod skinless cooked
- 1 eggs
- 1 tablespoon juice of lime
- 2 tablespoons juice of lime

- 0.5 teaspoon lime zest grated
- 0.3 cup mayonnaise
- 10 ounce salad greens mixed store bought
- 0.3 cup olive oil
- 2 tablespoons olive oil
- 3 tablespoon olive oil
- 0.5 onion cut into thin slivers
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 4 servings salt
- 4 servings salt and pepper
- 0.5 cup cup heavy whipping cream light sour
- 0.5 teaspoon sugar
- 2 tablespoons citrus champagne vinegar

Equipment

- food processor
- bowl
- frying pan
- mixing bowl
- blender
- spatula

Directions

- Blend the mayonnaise, egg, and lime juice in a large mixing bowl. Flake the cod into small pieces and add to the bowl.
- Mix in the celery and salt.
- Pulse the bread in a blender or food processor to make fine crumbs.
- Pour the crumbs on a sheet of waxed paper.

- Form the cod mixture into 8 patties. Gently place each patty in the bread crumbs and using a pancake spatula, turn to coat evenly.
- Heat the oil in a large, heavy skillet over medium heat.
- Place 4 fish cakes in the skillet and cook until the crumbs are golden brown, about 5 minutes per side; turn carefully. Repeat with the remaining fish cakes, adding more oil as necessary.
- Serve with the chipotle cream.
- Combine all ingredients in a small bowl.
- In a large skillet, heat the olive oil and saute the vegetables until tender.
- Dress the salad greens lightly with olive oil and vinegar.
- Sprinkle with coarse salt, to taste.

Nutrition Facts

PROTEIN 21.35% **FAT 67.61%** **CARBS 11.04%**

Properties

Glycemic Index:83.44, Glycemic Load:6.19, Inflammation Score:-8, Nutrition Score:25.356086896813%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.94mg, Apigenin: 0.94mg, Apigenin: 0.94mg, Apigenin: 0.94mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 682.9kcal (34.15%), Fat: 51.28g (78.89%), Saturated Fat: 9.1g (56.88%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 16.82g (6.12%), Sugar: 3.37g (3.74%), Cholesterol: 131.96mg (43.99%), Sodium: 1218.92mg (53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.85%), Selenium: 67.55µg (96.49%), Vitamin K: 60.27µg (57.4%), Phosphorus: 460.08mg (46.01%), Vitamin E: 6.52mg (43.49%), Potassium: 1054.51mg (30.13%), Vitamin B12: 1.79µg (29.82%), Vitamin C: 23.97mg (29.05%), Vitamin B6: 0.57mg (28.37%), Vitamin B3: 5.24mg (26.19%), Vitamin A: 1196.06IU (23.92%), Manganese: 0.44mg (22.16%), Magnesium: 81.38mg (20.34%), Folate: 80.59µg (20.15%), Vitamin B2: 0.31mg (18.3%), Vitamin B1: 0.27mg (18.04%), Iron: 2.51mg (13.95%), Calcium: 129.83mg (12.98%), Vitamin D: 1.85µg (12.3%), Zinc: 1.53mg (10.17%), Vitamin B5: 0.83mg (8.29%), Fiber: 2.02g (8.06%), Copper: 0.15mg (7.58%)