



Fish Cakes with Coleslaw and Horseradish-Dill Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce coleslaw mix
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons optional: dill fresh divided chopped
- ☐ 0.5 cup spring onion divided chopped
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 large optional: lemon
- ☐ 8 ounces mahi-mahi cut into 8 strips

- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons pickle relish sweet
- ☐ 4 slices sandwich bread white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan

Directions

- ☐ Grate enough lemon peel to measure 2 1/2 teaspoons. Halve lemons; squeeze enough juice to measure 1/4 cup.
- ☐ Mix peel, 2 tablespoons juice, mayonnaise, 1/4 cup green onion, relish, horseradish, and 2 tablespoons dill in bowl; set sauce aside.
- ☐ Grind bread to fine crumbs in processor.
- ☐ Place 1 cup breadcrumbs in medium bowl.
- ☐ Place remaining breadcrumbs in 13x9-inch baking dish. Using on/off turns, very coarsely chop fish in processor (do not form paste).
- ☐ Add fish to breadcrumbs in bowl; gently mix in egg, 1 tablespoon sauce, and 1/4 cup green onion. Shape fish mixture into four 3 1/2-inch-round cakes; thickly coat with breadcrumbs in baking dish.
- ☐ Toss coleslaw mix, 3 tablespoons sauce, 2 tablespoons lemon juice, and 1 tablespoon dill in bowl. Season with salt and pepper.
- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add fish cakes; sauté until cooked through, about 2 minutes per side.
- ☐ Serve fish cakes with slaw and sauce.
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 14.76%**  **FAT 62.43%**  **CARBS 22.81%**

Properties

Glycemic Index:69.07, Glycemic Load:10.97, Inflammation Score:-7, Nutrition Score:20.086086812227%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 433.16kcal (21.66%), Fat: 30.76g (47.32%), Saturated Fat: 5g (31.25%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 21.12g (7.68%), Sugar: 7.78g (8.64%), Cholesterol: 99.65mg (33.22%), Sodium: 470.63mg (20.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.73%), Vitamin K: 125.29µg (119.32%), Vitamin C: 53.92mg (65.36%), Selenium: 31.65µg (45.21%), Vitamin B3: 4.96mg (24.81%), Folate: 80.98µg (20.25%), Vitamin B6: 0.4mg (20.08%), Phosphorus: 171.54mg (17.15%), Fiber: 4.17g (16.66%), Vitamin E: 2.39mg (15.94%), Manganese: 0.3mg (15.16%), Iron: 2.69mg (14.94%), Potassium: 515.99mg (14.74%), Vitamin B1: 0.21mg (13.98%), Vitamin B2: 0.21mg (12.4%), Calcium: 121.33mg (12.13%), Magnesium: 41.73mg (10.43%), Vitamin B5: 1.04mg (10.4%), Vitamin A: 494.73IU (9.89%), Vitamin B12: 0.49µg (8.08%), Zinc: 0.94mg (6.29%), Copper: 0.12mg (6.04%), Vitamin D: 0.31µg (2.04%)