

Halibut Cakes



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



131 kcal

Ingredients

- ☐ 2 tablespoons dairy-free margarine
- ☐ 1 large eggs beaten
- ☐ 0.8 cup green onions trimmed finely chopped
- ☐ 1 pound alaska halibut skinless cut into large pieces
- ☐ 3 ounces polenta instant divided
- ☐ 2 pounds russet potatoes peeled cut into large chunks (see note below)
- ☐ 16 servings salt and pepper black freshly ground to taste
- ☐ 16 servings vegetable oil for frying as needed

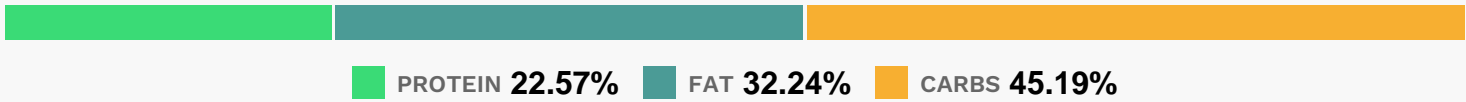
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the potatoes in lightly salted boiling water until tender.
- ☐ Drain and transfer to large bowl.Mash the potatoes, and let them cool slightly.While the potatoes are cooling, melt the margarine in a medium pan over medium heat.
- ☐ Add the green onions and cook for 3 to 4 minutes, or until softened.
- ☐ Remove the onions, add the halibut and cook until opaque throughout, breaking fish into chunks while cooking.
- ☐ Add the green onions and halibut, along with any remaining margarine from pan, to the potatoes.
- ☐ Mix well.
- ☐ Add the beaten egg and 2 tablespoons of the polenta. Season with salt and pepper, to taste.Form the mixture into 16 cakes (2-1/2 inches wide) using 1/4 cup portion to form each cake.
- ☐ Sprinkle the remaining polenta onto a large plate, and lightly coat the fish cakes in the polenta.
- ☐ Heat a thin layer of vegetable oil in a large pan over medium heat.
- ☐ Add the fish cakes in batches, cooking about 3 to 4 minutes per side, until browned and cooked through.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:8.14, Inflammation Score:-3, Nutrition Score:7.0191304061724%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 131.49kcal (6.57%), Fat: 4.73g (7.27%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 13.94g (5.07%), Sugar: 0.51g (0.56%), Cholesterol: 25.52mg (8.51%), Sodium: 38.68mg (1.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Selenium: 15.05µg (21.5%), Vitamin B6: 0.37mg (18.36%), Vitamin K: 17.03µg (16.22%), Vitamin B3: 2.52mg (12.62%), Potassium: 386.11mg (11.03%), Phosphorus: 110.12mg (11.01%), Vitamin D: 1.39µg (9.3%), Manganese: 0.12mg (5.94%), Vitamin B12: 0.34µg (5.66%), Magnesium: 22.48mg (5.62%), Vitamin E: 0.81mg (5.37%), Vitamin C: 4.11mg (4.99%), Vitamin B1: 0.07mg (4.77%), Folate: 16.09µg (4.02%), Iron: 0.72mg (4%), Fiber: 0.97g (3.88%), Copper: 0.08mg (3.82%), Vitamin B5: 0.35mg (3.47%), Vitamin A: 161.93IU (3.24%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.35mg (2.32%), Calcium: 15.03mg (1.5%)