



Herbed Fish Cakes with Green Horseradish Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.8 teaspoon pepper black
- ☐ 18 servings horseradish green
- ☐ 3.5 tablespoons olive oil extra virgin for frying extra-virgin plus more
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 1 cup onion red generous minced ()

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1.8 pounds bass fillets skinless cut into 2-inch pieces

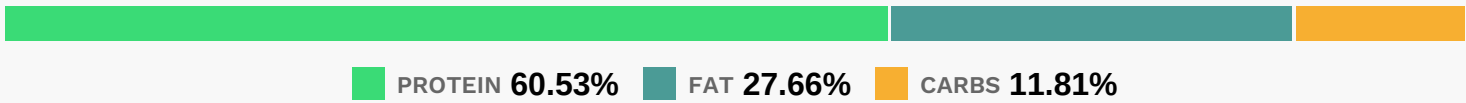
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap

Directions

- ☐ Line rimmed baking sheet with plastic wrap. Using/on off turns, finely chop 1/2 of fish in processor (do not puree to paste); transfer to bowl. Repeat with remaining fish.
- ☐ Mix in onion, parsley, cilantro, 3 1/2 tablespoons oil, salt, and pepper. Using wet hands and generous 1/4 cupful for each, shape mixture into 3x2x1/2-inch cakes. Arrange on prepared baking sheet. (Can be made 1 day ahead. Cover and chill.)
- ☐ Heat 1 tablespoon oil in large skillet over medium heat. Working in batches, sauté cakes until opaque in center, adding more oil to skillet by tablespoonfuls as needed, about 4 minutes per side.
- ☐ Transfer to platter.
- ☐ Serve warm or at room temperature with horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:8.78, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:6.1904347124307%

Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 54.46kcal (2.72%), Fat: 1.63g (2.51%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.8g (0.88%), Cholesterol: 35.28mg (11.76%), Sodium: 246.74mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Vitamin B12: 1.68µg (28.08%), Vitamin K: 29.28µg (27.88%), Selenium: 16.29µg (23.27%), Phosphorus: 92.76mg (9.28%), Vitamin B6: 0.15mg (7.45%), Magnesium: 20.98mg (5.24%), Vitamin C: 4.24mg (5.14%), Vitamin B3: 0.98mg (4.92%), Potassium: 150.87mg (4.31%), Vitamin A: 210.81IU (4.22%), Vitamin B5: 0.36mg (3.57%), Vitamin B1: 0.05mg (3.36%), Iron: 0.53mg (2.97%), Folate: 11.33µg (2.83%), Manganese: 0.04mg (2%), Zinc: 0.25mg (1.7%), Fiber: 0.4g (1.62%), Calcium: 14.55mg (1.46%), Copper: 0.02mg (1.24%), Vitamin B2: 0.02mg (1.14%)