



## Herring Fish Cakes with Fresh Dill

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 120 grams breadcrumbs
- 2 eggs
- 2 tbsp canola oil

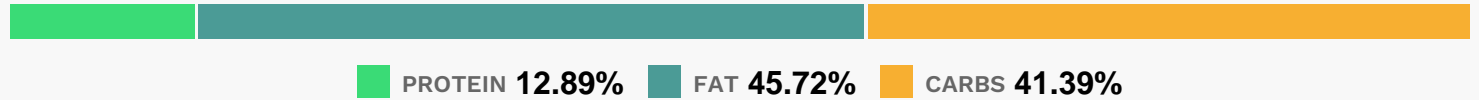
### Equipment

- bowl

### Directions

- Fish cakes are a great weeknight dinner. Empty the canned herring into a bowl, leaving the sauce behind. Break up with a fork.
- Add the breadcrumbs, egg, and diced onion (optional).
- Mix well. You can add salt and pepper if you like, but I find canned fish salty enough on its own. You should be able to form 6 equal-sized patties from the mixture. If the mixture is too wet, add more breadcrumbs. Fry the fish cakes in oil over medium heat until the outsides are crispy, about 3 or 4 minutes per side.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:14.886521608933%

### Nutrients (% of daily need)

Calories: 423.68kcal (21.18%), Fat: 21.36g (32.87%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 40.8g (14.84%), Sugar: 3.88g (4.31%), Cholesterol: 163.68mg (54.56%), Sodium: 501.68mg (21.81%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.55g (27.11%), Selenium: 28.63µg (40.9%), Vitamin B1: 0.6mg (39.85%), Manganese: 0.56mg (28.19%), Vitamin B2: 0.44mg (26.05%), Folate: 84.88µg (21.22%), Iron: 3.67mg (20.38%), Vitamin B3: 4.01mg (20.07%), Vitamin E: 2.96mg (19.73%), Phosphorus: 186.12mg (18.61%), Calcium: 134.44mg (13.44%), Vitamin K: 14.07µg (13.4%), Fiber: 2.7g (10.8%), Vitamin B5: 1.01mg (10.06%), Vitamin B12: 0.6µg (10.03%), Zinc: 1.44mg (9.58%), Copper: 0.18mg (9.23%), Magnesium: 31.08mg (7.77%), Vitamin B6: 0.15mg (7.37%), Vitamin D: 0.88µg (5.87%), Potassium: 178.32mg (5.09%), Vitamin A: 237.6IU (4.75%)