



Mini Shrimp Cakes with Ginger Butter

READY IN



85 min.

SERVINGS



15

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons breadcrumbs plain
- ☐ 4 ounces button mushrooms stemmed chopped
- ☐ 1 medium carrots diced
- ☐ 1 large eggs
- ☐ 1 teaspoon kosher salt
- ☐ 1 of lemon zest
- ☐ 4 teaspoons long piece gingerroot fresh finely grated peeled
- ☐ 3 tablespoons vegetable olive oil

- ☐ 2 large shallots minced
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 teaspoons soya sauce
- ☐ 1 stick butter unsalted at room temperature
- ☐ 0.3 cup vegetable oil as needed

Equipment

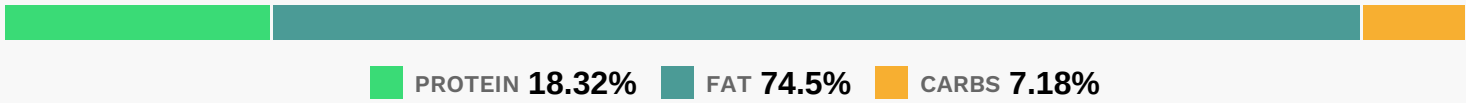
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the vegetable oil in a 12-inch nonstick skillet over medium-high heat.
- ☐ Add the mushrooms, shallots and carrots. Cook, stirring frequently, until the carrots begins to soften, 6 to 7 minutes.
- ☐ Transfer the mixture to a food processor.
- ☐ Add the shrimp, breadcrumbs, egg, lemon zest, salt and pepper. Pulse until combined but still chunky. Form the mixture into 15 patties, each 2 inches in diameter and 1/2-inch thick, using damp hands.
- ☐ Place on a plastic wrap-lined baking sheet and refrigerate for 30 minutes.
- ☐ Mix together the butter, ginger and soy sauce in a medium bowl, using a rubber spatula, until combined.
- ☐ Place the mixture on a piece of plastic wrap. Fold the plastic wrap over and form the mixture into a log about 7 inches long and 1-inch in diameter. Refrigerate until firm, at least 30 minutes. When ready to serve, slice the butter into 1/4-inch-thick pieces.
- ☐ Heat the vegetable oil in a 12-inch nonstick skillet over medium-high heat.

- ☐
- Add half of the patties and cook until golden, 3 to 4 minutes per side. Cook the remaining patties, adding extra oil if needed.
- ☐
- Serve the shrimp cakes while still warm with a slice of ginger butter on top.

Nutrition Facts



Properties

Glycemic Index:11.39, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:4.0095652160437%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 156.09kcal (7.8%), Fat: 13.17g (20.26%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.77g (0.86%), Cholesterol: 77.28mg (25.76%), Sodium: 259.63mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Vitamin A: 886.17IU (17.72%), Vitamin K: 9.71µg (9.25%), Phosphorus: 87.68mg (8.77%), Copper: 0.16mg (7.95%), Vitamin E: 0.94mg (6.29%), Potassium: 143.31mg (4.09%), Zinc: 0.55mg (3.69%), Magnesium: 14.54mg (3.64%), Vitamin B2: 0.06mg (3.58%), Selenium: 2.36µg (3.38%), Manganese: 0.06mg (3.14%), Calcium: 30.24mg (3.02%), Iron: 0.45mg (2.5%), Vitamin B3: 0.49mg (2.47%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.21mg (2.1%), Folate: 7.35µg (1.84%), Vitamin B6: 0.04mg (1.8%), Fiber: 0.43g (1.71%), Vitamin D: 0.19µg (1.3%)