



New England Fish Cakes with Herbed Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon capers drained
- ☐ 1 celery stalk with leaves, cut into 2-inch lengths
- ☐ 1.3 pounds cod boneless white cut into 2-inch chunks
- ☐ 1 large eggs
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 tablespoons green onions finely chopped
- ☐ 0.5 teaspoon ground pepper black

- ☐ 4 servings lemon wedges
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup purchased tartar sauce
- ☐ 1.5 cups bread white firm

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Stir together tartar sauce, 2 tablespoons green onions, 2 teaspoons thyme, and capers in small bowl.
- ☐ Place white bread in food processor; using on/off turns, process until very coarse crumbs form.
- ☐ Transfer breadcrumbs to large bowl. Using on/off turns, finely chop celery; add to bowl with breadcrumbs. Using on/off turns, coarsely puree fish; add to bowl.
- ☐ Add remaining 1/2 cup chopped green onions, 1 1/2 tablespoons chopped fresh thyme, egg, salt, and ground black pepper to bowl.
- ☐ Mix gently but thoroughly.
- ☐ Transfer fish mixture to work surface and shape into four 1/2-inch-thick cakes.
- ☐ Heat olive oil in heavy large skillet over medium heat.
- ☐ Add fish cakes and cook until brown on bottom, about 5 minutes. Using large spatula, carefully turn fish cakes over and cook until second sides are brown and centers are opaque, about 5 minutes longer. Divide fish cakes among 4 plates and garnish with tartar sauce and lemon wedges.

Nutrition Facts



 PROTEIN **36.18%**  FAT **49.28%**  CARBS **14.54%**

Properties

Glycemic Index:60.32, Glycemic Load:6.06, Inflammation Score:-8, Nutrition Score:18.209130473759%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 354.56kcal (17.73%), Fat: 19.42g (29.88%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 12.02g (4.37%), Sugar: 2.25g (2.5%), Cholesterol: 119.33mg (39.78%), Sodium: 810.23mg (35.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.08g (64.15%), Selenium: 67.3µg (96.14%), Vitamin B12: 2.36µg (39.27%), Vitamin B3: 6.42mg (32.08%), Vitamin D: 4.64µg (30.96%), Phosphorus: 292.56mg (29.26%), Vitamin K: 29.52µg (28.12%), Vitamin E: 2.75mg (18.3%), Folate: 63.02µg (15.76%), Potassium: 506.18mg (14.46%), Vitamin B6: 0.29mg (14.32%), Magnesium: 49mg (12.25%), Manganese: 0.24mg (12.13%), Vitamin B2: 0.2mg (12%), Iron: 1.97mg (10.95%), Vitamin B1: 0.16mg (10.42%), Vitamin B5: 1.01mg (10.07%), Copper: 0.16mg (7.85%), Calcium: 72.61mg (7.26%), Zinc: 0.85mg (5.66%), Vitamin C: 3.39mg (4.11%), Vitamin A: 198.06IU (3.96%), Fiber: 0.87g (3.48%)