






 **88%**
HEALTH SCORE

Pecan Crusted Sweet Potato-Salmon Cakes

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

1

CALORIES

1488 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.3 teaspoon allspice
- 1 serving baby spinach
- 3 tablespoons grapeseed oil good (fat, high heat tolerant)
- 1 serving spring onion
- 1 teaspoon kombu organic
- 1 serving optional: lemon
- 0.3 cup flat parsley italian chopped fine
- 1 serving parsley

- 0.5 cup pecans chopped
- 0.5 cup bell pepper diced red finely
- 0.5 cup bell pepper diced red finely
- 2 teaspoons salt
- 0.5 cup onion diced sweet finely
- 1 large sweet potatoes and into boiled mashed
- 1 serving tomatoes
- 1 cup bread crumbs whole (2 pieces of bread)
- 7.5 oz frangelico drained canned
- 7.5 oz frangelico drained canned

Equipment

- food processor
- frying pan
- pot
- blender
- canning jar


Directions

- In a large stock pot, boil whole sweet potato with skin on 30-40 minutes till fork tender.
- Remove from water and pulse in blender till smooth. In a food processor (or you're awesome, do all Ninja blender) pulse pecans till finely ground, remove. Pulse bread till ground. {I make my own bread crumbs in batches then freeze in a Mason jar, cheaper and tastier than the store bought stuff}
- Heat a skillet on medium heat, then add oil.
- Saute peppers and onions until browned and softened, about 2 minutes.
- Combine sauteed vegetables, drained salmon (including the highly nutritious skin & bone), parsley, salt and spices.
- Mix well. Put bread crumbs and pecans in a shallow dish, sprinkle with a bit of salt. Form cakes in desired size, about inch thick.

Place pattie in bread crumbs and gently coat both sides.Cook patties in skillet at mediumheat 3 to 4 minutes each side, or until well browned.

Serve on top of Raw Kale and with and a squeeze of lemon or lime if desired.

Nutrition Facts

 **PROTEIN 6.49%**  **FAT 47.42%**  **CARBS 46.09%**

Properties

Glycemic Index:392.5, Glycemic Load:38.28, Inflammation Score:-10, Nutrition Score:56.415217391304%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 40.97mg, Apigenin: 40.97mg, Apigenin: 40.97mg, Apigenin: 40.97mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg Myricetin: 4.21mg, Myricetin: 4.21mg, Myricetin: 4.21mg, Myricetin: 4.21mg Quercetin: 15mg, Quercetin: 15mg, Quercetin: 15mg, Quercetin: 15mg

Nutrients (% of daily need)

Calories: 1487.54kcal (74.38%), Fat: 86.25g (132.69%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 188.62g (62.87%), Net Carbohydrates: 154.57g (56.21%), Sugar: 35.61g (39.57%), Cholesterol: 0mg (0%), Sodium: 5482.63mg (238.38%), Protein: 26.55g (53.09%), Vitamin A: 58915.15IU (1178.3%), Vitamin K: 501.96µg (478.06%), Vitamin C: 288.46mg (349.65%), Manganese: 4.11mg (205.52%), Fiber: 34.04g (136.17%), Vitamin E: 17.92mg (119.49%), Iron: 14.68mg (81.58%), Vitamin B6: 1.59mg (79.63%), Potassium: 2514.89mg (71.85%), Copper: 1.43mg (71.57%), Folate: 264.07µg (66.02%), Magnesium: 237.54mg (59.39%), Vitamin B1: 0.85mg (56.9%), Phosphorus: 446mg (44.6%), Vitamin B5: 4.05mg (40.46%), Vitamin B2: 0.54mg (32.02%), Zinc: 4.74mg (31.59%), Vitamin B3: 5.71mg (28.54%), Calcium: 261.11mg (26.11%), Selenium: 5.1µg (7.29%)