



Red Snapper Cakes with Avocado-Tomatillo Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

Ingredients

- 9 tablespoons avocado ripe peeled chopped
- 0.3 teaspoon pepper black freshly ground
- 3 ounce bread
- 1 teaspoon butter
- 2 tablespoons capers drained
- 2 large egg whites
- 2 tablespoons mayonnaise fat-free
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup cilantro leaves fresh

- 4 garlic cloves peeled
- 0.5 teaspoon ground coriander
- 0.5 jalapeno seeded
- 1 tablespoon juice of lime fresh
- 0.5 cup bell pepper red finely chopped
- 14 ounces snapper skinless red finely chopped
- 0.5 teaspoon salt
- 3 ounces tomatillo husked quartered
- 0.5 medium vidalia sweet quartered
- 0.5 cup vidalia sweet finely chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- aluminum foil
- broiler

Directions

- Preheat broiler.
- To prepare sauce, combine the first 4 ingredients on a jelly-roll pan coated with cooking spray. Broil 12 minutes or until blackened, stirring once. Cool slightly.
- Place tomatillo mixture in a blender; add avocado, 1/4 cup cilantro, juice, and 1/2 teaspoon salt. Process until smooth. Cover and chill.
- Preheat oven to 40
- To prepare cakes, place bread in a food processor; pulse 10 times or until coarse crumbs measure 2 cups.

- Combine 1 cup breadcrumbs, 1/2 cup onion, and next 9 ingredients (through egg whites) in a large bowl; stir until well blended. Divide snapper mixture into 12 equal portions (about 1/4 cup each), shaping each into a 1/2-inch-thick patty. Dredge patties in remaining 1 cup breadcrumbs.
- Melt butter in a large nonstick skillet coated with cooking spray over medium heat.
- Add cakes; cook 2 minutes on each side or until browned. Wrap handle of pan with foil; place in oven.
- Bake cakes at 400 for 8 minutes or until cooked through. Spoon about 2 1/2 tablespoons sauce on each of 6 plates; top sauce with 2 cakes.

Nutrition Facts

PROTEIN 37.72%

FAT 29.2%

CARBS 33.08%

Properties

Glycemic Index:56.44, Glycemic Load:4.16, Inflammation Score:-7, Nutrition Score:15.931738977847%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg

Nutrients (% of daily need)

Calories: 184.11kcal (9.21%), Fat: 6.06g (9.32%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 12.04g (4.38%), Sugar: 4.79g (5.32%), Cholesterol: 26.69mg (8.9%), Sodium: 443.81mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.22%), Selenium: 32.33µg (46.19%), Vitamin D: 6.75µg (44.98%), Vitamin B12: 2µg (33.26%), Vitamin C: 26.05mg (31.58%), Vitamin B6: 0.47mg (23.53%), Phosphorus: 188.41mg (18.84%), Manganese: 0.33mg (16.72%), Potassium: 564.22mg (16.12%), Fiber: 3.39g (13.58%), Folate: 52.52µg (13.13%), Vitamin A: 602.63IU (12.05%), Vitamin K: 12.55µg (11.96%), Magnesium: 45.71mg (11.43%), Vitamin B5: 1.08mg (10.83%), Vitamin E: 1.52mg (10.11%), Vitamin B3: 1.9mg (9.49%), Vitamin B1: 0.14mg (9.4%), Vitamin B2: 0.15mg (8.82%), Copper: 0.15mg (7.26%), Iron: 1.15mg (6.41%), Calcium: 60.35mg (6.04%), Zinc: 0.7mg (4.7%)