



Salmon-and-Spinach Cakes

 Gluten Free

READY IN



60 min.

SERVINGS



40

CALORIES



87 kcal

Ingredients

- ☐ 5 ounces baby spinach
- ☐ 3 tablespoons optional: dill chopped for garnish
- ☐ 0.3 cup heavy cream
- ☐ 1 jalapeño minced seeded
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup onion minced
- ☐ 1.5 pounds salmon fillet skinless cut into 1/2-inch pieces
- ☐ 40 servings salt
- ☐ 40 servings vegetable oil for frying

☐ 1.5 pounds yukon gold potatoes

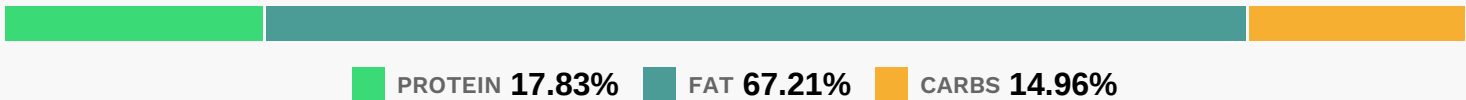
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, cover the potatoes with water. Simmer over moderately high heat until tender, about 30 minutes.
- ☐ Drain and let cool. Peel the potatoes and cut them into 1/4-inch dice.
- ☐ Transfer to a large bowl.
- ☐ Meanwhile, in a large skillet, heat 2 tablespoons of water over moderately high heat.
- ☐ Add the spinach in batches; cook until wilted.
- ☐ Drain, squeeze dry and coarsely chop.
- ☐ In a small bowl, mix the mayonnaise, jalapeo and chopped dill and season with salt.
- ☐ Put the salmon in a food processor and pulse a few times, until chopped. Pulse in the cream until incorporated.
- ☐ Add the salmon to the potatoes. Stir in the spinach and onion and season with salt. Form into 12 patties.
- ☐ In a large nonstick skillet, heat 1/8 inch of oil.
- ☐ Add half of the cakes and fry over high heat until lightly browned on the bottom, 1 minute. Reduce the heat to moderately high and cook until well browned, 2 minutes. Turn and cook for 3 minutes, until browned. Repeat with the remaining cakes; add more oil to the skillet as needed.
- ☐ Garnish the cakes with the dill sprigs and serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:5.99, Glycemic Load:2.22, Inflammation Score:-4, Nutrition Score:5.1891303483559%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 87.43kcal (4.37%), Fat: 6.54g (10.06%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.26g (0.29%), Cholesterol: 12.21mg (4.07%), Sodium: 223.34mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Vitamin K: 27.27µg (25.97%), Vitamin B6: 0.2mg (9.98%), Selenium: 6.41µg (9.16%), Vitamin B12: 0.55µg (9.11%), Vitamin B3: 1.55mg (7.74%), Vitamin A: 369.23IU (7.38%), Vitamin C: 4.87mg (5.9%), Potassium: 179.29mg (5.12%), Vitamin B2: 0.08mg (4.75%), Phosphorus: 47.3mg (4.73%), Vitamin B1: 0.06mg (3.73%), Folate: 14.38µg (3.59%), Vitamin B5: 0.35mg (3.47%), Copper: 0.07mg (3.35%), Manganese: 0.06mg (3.16%), Magnesium: 11.95mg (2.99%), Vitamin E: 0.42mg (2.81%), Iron: 0.38mg (2.11%), Fiber: 0.48g (1.92%), Zinc: 0.19mg (1.25%)