



Salmon and Sweet Potato Cakes with Agrodolce Relish and Arugula

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby arugula leaves
- ☐ 1 bay leaf
- ☐ 4 servings pepper black freshly ground
- ☐ 2 small ribs celery finely chopped
- ☐ 1 pint cherry tomatoes halved quartered
- ☐ 1.5 cups cracker crumbs (recommended: Saltines)
- ☐ 1 eggs lightly beaten

- ☐ 3 tablespoons optional: dill fresh finely chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon hot sauce
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 18 ounce salmon fillet
- ☐ 4 servings salt
- ☐ 2 scallions finely chopped
- ☐ 1 tablespoon seafood seasoning (recommended: Old Bay)
- ☐ 1 teaspoon sugar
- ☐ 1 large sweet potatoes and into peeled cut into small chunks
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 1 cup white wine

Equipment

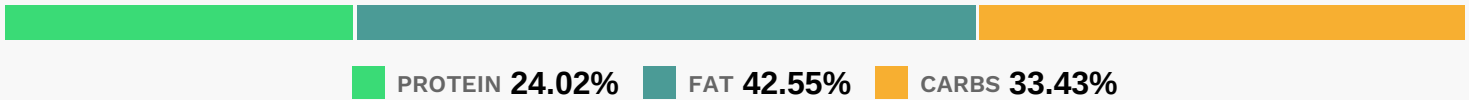
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the potatoes in a small pot, cover with water, and bring to a boil over high heat. Salt the water and cook until tender, 10 to 12 minutes.
- ☐ Drain, then return the potatoes to the pot and mash.
- ☐ Meanwhile, put the salmon fillets in a skillet with the wine, bay leaf, and enough water to come up to the top of the fillets, but do not cover. Bring to a boil over medium heat, then reduce heat to a simmer and poach until opaque about 8 to 10 minutes.
- ☐ Remove the skin and transfer the salmon to a bowl. Flake the fish with a fork and season with salt and pepper, to taste.

- ☐ Add the mashed sweet potatoes to the bowl along with the seafood seasoning, half of the cracker crumbs, the egg, thyme, hot sauce, scallions, and dill.
- ☐ Mix to combine. The fish cake mixture needs to be just firm enough to mold into cakes. If its too wet, add a few more crumbs.
- ☐ Heat 2 skillets, side by side, 1 with 2 tablespoons extra-virgin olive oil (2 turns of the pan) over medium heat, the other with 1 tablespoon extra-virgin olive oil (a turn of the pan) over medium-high heat. Form the salmon mixture into 4 (4-inch) patties, coat in the remaining crumbs, and then add them to the first pan. Cook the fish cakes until light golden, about 2 to 3 minutes on each side.
- ☐ Add the red onions, celery, and garlic to the second pan and cook 3 to 4 minutes.
- ☐ Add the tomatoes, season with salt and pepper, to taste, and cook 2 minutes more. Stir the vinegar into the sauce, then sprinkle the sugar over top and toss to coat the tomatoes. And arugula.
- ☐ Arrange the fish cakes on individual serving plates alongside the arugula. Top with the agrodolce relish and serve.

Nutrition Facts



Properties

Glycemic Index:97.02, Glycemic Load:10.49, Inflammation Score:-10, Nutrition Score:40.658260998519%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 577.88kcal (28.89%), Fat: 25.37g (39.03%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 39.27g (14.28%), Sugar: 12.02g (13.35%), Cholesterol: 111.09mg (37.03%), Sodium: 637.82mg (27.73%), Alcohol: 6.18g (100%), Alcohol %: 1.49% (100%), Protein: 32.22g (64.44%), Vitamin A: 13512.72IU

(270.25%), Selenium: 52.75µg (75.35%), Vitamin B6: 1.49mg (74.36%), Vitamin B12: 4.15µg (69.25%), Vitamin K: 71.2µg (67.81%), Vitamin B3: 12.58mg (62.88%), Vitamin C: 41.92mg (50.81%), Phosphorus: 454.82mg (45.48%), Vitamin B2: 0.74mg (43.42%), Potassium: 1471.46mg (42.04%), Manganese: 0.84mg (41.82%), Vitamin B1: 0.54mg (36.06%), Vitamin B5: 3.43mg (34.31%), Copper: 0.64mg (31.93%), Folate: 117.18µg (29.29%), Iron: 5.02mg (27.87%), Magnesium: 102.29mg (25.57%), Vitamin E: 3.49mg (23.29%), Fiber: 5.6g (22.39%), Calcium: 172.66mg (17.27%), Zinc: 1.87mg (12.47%), Vitamin D: 0.22µg (1.47%)