



Seafood Cakes with Jalapeño Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

Ingredients

- ☐ 3 cups breadcrumbs divided soft
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons butter
- ☐ 0.3 cup celery diced
- ☐ 0.5 pound crab meat fresh drained flaked
- ☐ 1 large eggs
- ☐ 0.3 cup bell pepper diced green
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 pound fish fillet lean

- ☐ 1 tablespoon mayonnaise
- ☐ 1 teaspoon old bay seasoning
- ☐ 0.5 cup onion diced
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shrimp fresh unpeeled
- ☐ 6 servings tartar sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ steamer basket

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Arrange shrimp and grouper in a steamer basket over boiling water. Cover and steam 10 minutes or until grouper flakes easily with a fork. Cool and chop shrimp and grouper.
- ☐ Combine onion and next 11 ingredients; stir in shrimp mixture, crabmeat, and 1 cup breadcrumbs.
- ☐ Shape mixture into 12 patties; coat with remaining 2 cups breadcrumbs. Cover and chill 1 hour.
- ☐ Melt 2 tablespoons butter in oil in a large skillet over medium heat; add patties, and cook 3 minutes on each side or until golden.
- ☐ Drain on paper towels, and serve with Jalapeno Tartar Sauce.
- ☐ *1 (6-ounce) can lump crabmeat, drained, may be substituted for fresh crabmeat.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:22.906521880108%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 444.41kcal (22.22%), Fat: 16.89g (25.98%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 38.6g (14.04%), Sugar: 4.44g (4.93%), Cholesterol: 127.68mg (42.56%), Sodium: 1003.82mg (43.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.52%), Vitamin B12: 4.27µg (71.21%), Selenium: 45.94µg (65.62%), Vitamin B1: 0.57mg (38.14%), Copper: 0.69mg (34.49%), Phosphorus: 344.59mg (34.46%), Manganese: 0.61mg (30.32%), Vitamin B3: 5.59mg (27.96%), Zinc: 3.84mg (25.59%), Folate: 93.05µg (23.26%), Iron: 3.73mg (20.74%), Vitamin K: 21.57µg (20.54%), Vitamin B2: 0.31mg (18.41%), Magnesium: 70.46mg (17.62%), Calcium: 163.31mg (16.33%), Potassium: 478.59mg (13.67%), Vitamin B6: 0.24mg (12.08%), Fiber: 2.98g (11.92%), Vitamin C: 9.09mg (11.02%), Vitamin A: 467.37IU (9.35%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.79mg (7.92%), Vitamin E: 1.09mg (7.25%)