



WHATSheATE



Shrimp and Sweet Potato Cakes with Chayote Slaw and Chipotle Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings flour
- ☐ 6 servings chayote squashes
- ☐ 0.7 cup cilantro leaves fresh chopped
- ☐ 4 large garlic clove unpeeled
- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 tablespoons poblano pepper finely chopped
- ☐ 2 tablespoons onion red finely chopped

- ☐ 1 pound sweet potatoes and into
- ☐ 8 ounces shrimp cooked peeled coarsely chopped
- ☐ 1.5 teaspoons suya seasoning mix
- ☐ 6 servings tartar sauce
- ☐ 4 tablespoons vegetable oil ()

Equipment

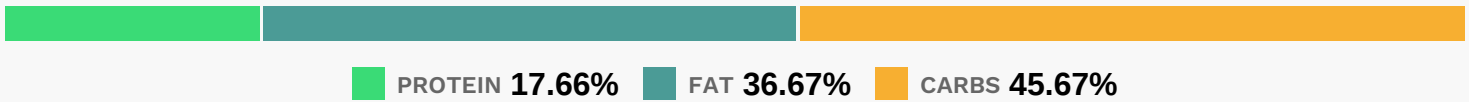
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Pierce potatoes all over with fork.
- ☐ Place on baking sheet. Toss garlic with 1 tablespoon oil in small bowl. Enclose garlic in foil; place on baking sheet with potatoes.
- ☐ Bake until potatoes and garlic are tender, about 30 minutes for garlic and 1 hour 15 minutes for potatoes. Cool garlic and potatoes slightly.
- ☐ Remove peel from garlic.
- ☐ Remove skins from potatoes.
- ☐ Combine potatoes and garlic in bowl. Mash until smooth.
- ☐ Add shrimp, cilantro, panko, chili, onion and 1 1/2 teaspoons Latin Spice
- ☐ Mix. Stir to blend well. Season with salt. Form mixture into six 3-inch-diameter patties.
- ☐ Preheat oven to 375°F. Lightly coat cakes in flour.
- ☐ Heat 3 tablespoons oil in heavy large skillet over medium-high heat. Cook cakes in batches until brown, adding more oil if necessary, about 2 minutes per side.
- ☐ Place on baking sheet.
- ☐ Bake until heated through, about 5 minutes.

- ☐ Spoon Chayote Slaw in center of plates.
- ☐ Place 1 cake on each plate. Spoon Chipotle Tartar Sauce atop cakes; serve.
- ☐ *Available in Asian markets and in the Asian foods section of some supermarkets.
- ☐ **A fresh green chili, often called a pasilla, available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:11.93, Inflammation Score:-10, Nutrition Score:13.993913054466%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 241.83kcal (12.09%), Fat: 9.97g (15.34%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 24.42g (8.88%), Sugar: 3.95g (4.39%), Cholesterol: 60.93mg (20.31%), Sodium: 143.89mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.61%), Vitamin A: 10879.48IU (217.59%), Vitamin K: 32.49µg (30.94%), Manganese: 0.43mg (21.67%), Copper: 0.31mg (15.62%), Phosphorus: 143.2mg (14.32%), Fiber: 3.52g (14.07%), Vitamin B1: 0.19mg (12.89%), Potassium: 420.68mg (12.02%), Vitamin B6: 0.22mg (11.09%), Magnesium: 41.76mg (10.44%), Iron: 1.87mg (10.4%), Folate: 35.18µg (8.8%), Calcium: 86.19mg (8.62%), Vitamin E: 1.25mg (8.33%), Vitamin B2: 0.12mg (7.29%), Selenium: 5.06µg (7.23%), Vitamin B5: 0.72mg (7.18%), Vitamin B3: 1.42mg (7.11%), Vitamin C: 5.79mg (7.01%), Zinc: 0.97mg (6.44%)