



Shrimp and White Bean Cakes with Roasted Garlic Sauce

READY IN



85 min.

SERVINGS



4

CALORIES



327 kcal

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 15 ounce cannellini beans beans white divided rinsed drained canned
- 0.5 cup bulgur cooked
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 garlic head whole
- 0.5 cup greek yogurt plain fat-free
- 0.3 teaspoon kosher salt divided
- 1 teaspoon juice of lime fresh
- 7 teaspoons olive oil divided

- 0.5 pound shrimp divided deveined peeled

Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- aluminum foil
- broiler
- measuring cup

Directions

- Preheat oven to 37
- Remove white papery skin from garlic head (do not peel or separate cloves).
- Drizzle 1 teaspoon oil over garlic; wrap in foil.
- Bake at 375 for 1 hour; cool 10 minutes. Separate cloves; squeeze into a small bowl to extract pulp. Discard skins. Mash garlic using the back of a spoon. Stir in yogurt, juice, 1/4 teaspoon pepper, and 1/8 teaspoon salt.
- Place 3 shrimp and 2/3 cup beans in a food processor; pulse until blended but not quite pureed.
- Add remaining shrimp, remaining beans, bulgur, cilantro, remaining 1/4 teaspoon pepper, and remaining 1/8 teaspoon salt to food processor; pulse until coarsely chopped. Fill a 1/4-cup dry measuring cup with shrimp mixture. Invert onto a platter lined with parchment paper; gently pat into a 2 1/2-inch-wide patty. Repeat procedure with remaining shrimp mixture, forming 8 cakes. Refrigerate 20 minutes.
- Preheat broiler to high.
- Brush a jelly-roll pan with 1 tablespoon oil. Arrange chilled cakes on pan; brush tops of cakes with remaining 1 tablespoon oil. Broil 5 minutes or until browned. Carefully turn cakes over.
- Brush tops of cakes with oil from pan. Broil an additional 5 minutes or until browned.
- Serve cakes with sauce.

Nutrition Facts

PROTEIN 29.31% FAT 21.49% CARBS 49.2%

Properties

Glycemic Index:43, Glycemic Load:11.66, Inflammation Score:-5, Nutrition Score:15.865652193194%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 326.61kcal (16.33%), Fat: 8.01g (12.32%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 31.88g (11.59%), Sugar: 1.26g (1.4%), Cholesterol: 92.54mg (30.85%), Sodium: 231.8mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.17%), Manganese: 1.31mg (65.56%), Fiber: 9.38g (37.51%), Phosphorus: 322.53mg (32.25%), Magnesium: 115.1mg (28.78%), Copper: 0.56mg (27.85%), Iron: 4.15mg (23.04%), Potassium: 773.96mg (22.11%), Folate: 77.8µg (19.45%), Zinc: 2.54mg (16.93%), Calcium: 153.08mg (15.31%), Vitamin E: 1.89mg (12.63%), Vitamin B1: 0.16mg (10.87%), Vitamin K: 11.26µg (10.72%), Vitamin B6: 0.19mg (9.28%), Vitamin B2: 0.14mg (8.17%), Selenium: 4.83µg (6.9%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.53mg (5.32%), Vitamin B12: 0.17µg (2.92%), Vitamin A: 72.59IU (1.45%), Vitamin C: 0.88mg (1.07%)