



## Shrimp Cakes



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup cumin seeds
- ☐ 3 tablespoons peppercorns whole black
- ☐ 1 tablespoons coriander seeds
- ☐ 2 tablespoons sugar
- ☐ 1.5 teaspoons sea salt
- ☐ 1 pound sweet potatoes
- ☐ 4 large garlic cloves unpeeled
- ☐ 4 tablespoons olive oil extra virgin ()

- ☐ 8 ounces shrimp cooked peeled coarsely chopped
- ☐ 0.7 cup cilantro leaves fresh chopped
- ☐ 0.7 cup ground breadcrumbs finely
- ☐ 2 tablespoons jalapeños fresh finely chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.5 cup flour for dusting

## Equipment

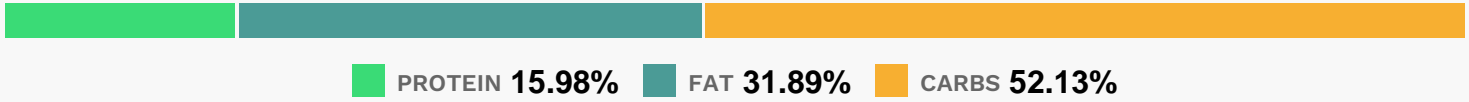
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ microwave

## Directions

- ☐ Make the spice mix:
- ☐ Add cumin seeds, peppercorns, and coriander to a heavy medium skillet. Cook over medium heat, stirring, until fragrant and lightly toasted, about 8 minutes.
- ☐ Let cool a few minutes.
- ☐ Grind spices in a blender or spice grinder (can use a coffee grinder that has been cleaned by grinding raw rice) until finely ground.
- ☐ Transfer to a small bowl, stir in sugar and salt.
- ☐ This makes about half a cup. You'll only need 1 1/2 teaspoons of the spice mix for one shrimp cakes recipe, so store the remainder for future use.
- ☐ Preheat the oven to 375°F.
- ☐ Microwave the sweet potatoes and the garlic: Pierce sweet potatoes all over with a fork.
- ☐ Bake in microwave for about 15 minutes until done.
- ☐ Rub one tablespoon of oil over the unpeeled garlic cloves. Cook in microwave a few minutes, until soft.

- ☐ Let the garlic and sweet potatoes cool enough to handle. Peel the garlic.
- ☐ Cut the sweet potato in half and use a spoon to scoop out the flesh.
- ☐ Combine the cooked sweet potato and garlic in a bowl and mash until smooth.
- ☐ Add the shrimp, cilantro, breadcrumbs, jalapeño, onion, and 1 1/2 teaspoons of the spice mix to the bowl with the sweet potatoes.
- ☐ Mix until well blended. Season with salt.
- ☐ Shape the patties: Use your hands to form the mixture into six patties, 3-inches in diameter.
- ☐ Brown the patties: Lightly dust the shrimp cakes in flour.
- ☐ Heat the remaining 3 tablespoons of oil in a large skillet over medium-high heat.
- ☐ Working in batches, cook the shrimp cakes until nicely browned, adding more oil as needed, about 2 minutes per side.
- ☐ Place the shrimp cakes on a baking sheet.
- ☐ Bake at 375°F until heated through, about 5 minutes.
- ☐ Serve! These taste great served with lemon, tartar sauce, and coleslaw.

## Nutrition Facts



## Properties

Glycemic Index:60.18, Glycemic Load:17.06, Inflammation Score:-10, Nutrition Score:19.227391333684%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 317.2kcal (15.86%), Fat: 11.59g (17.84%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 37.21g (13.53%), Sugar: 8.43g (9.37%), Cholesterol: 60.86mg (20.29%), Sodium: 765.94mg (33.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.15%), Vitamin A: 10979.57IU (219.59%), Manganese: 1.23mg (61.65%), Iron: 5.25mg (29.17%), Fiber: 5.43g (21.72%), Copper: 0.43mg (21.63%), Vitamin K: 22.7µg (21.62%), Vitamin B1: 0.3mg (19.94%), Phosphorus: 185.75mg (18.58%), Magnesium: 68.19mg (17.05%), Potassium: 575.57mg

(16.44%), Calcium: 143.91mg (14.39%), Vitamin E: 1.97mg (13.15%), Vitamin B6: 0.26mg (13.11%), Vitamin C: 9.59mg (11.63%), Selenium: 8.05µg (11.5%), Folate: 44.63µg (11.16%), Vitamin B3: 2.2mg (11%), Vitamin B2: 0.18mg (10.66%), Zinc: 1.33mg (8.84%), Vitamin B5: 0.83mg (8.29%)