



Shrimp Cakes

READY IN



30 min.

SERVINGS



4

CALORIES



1001 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups coarsely buttery round crackers crushed
- ☐ 4 servings celery salt to taste
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 1 cup mayonnaise
- ☐ 1 quart oil for frying
- ☐ 0.3 cup onion chopped
- ☐ 1 tablespoon parmesan cheese
- ☐ 10 dashes pepper sauce hot
- ☐ 1 pound shrimp deveined peeled chopped

☐ 1 tablespoon mustard yellow prepared

Equipment

☐ bowl

☐ frying pan

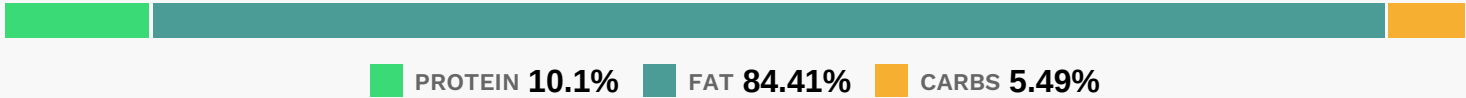
Directions

☐ In a medium bowl, combine the shrimp, crackers, onion and jalapeno. Stir in the mayonnaise and mustard, and season with Tabasco and celery salt.

☐ Mix in Parmesan cheese. Form into 8 patties.

☐ Heat about 1/2 inch of oil in a deep heavy skillet over medium-high heat. When oil is nice and hot, fry the patties for about 5 minutes per side, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:15.119999965896%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 1000.97kcal (50.05%), Fat: 94.62g (145.57%), Saturated Fat: 11.4g (71.23%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 12.9g (4.69%), Sugar: 2.62g (2.92%), Cholesterol: 206.94mg (68.98%), Sodium: 918.2mg (39.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.93%), Vitamin K: 135.81µg (129.34%), Vitamin E: 11.04mg (73.6%), Phosphorus: 323.09mg (32.31%), Copper: 0.49mg (24.39%), Calcium: 126.37mg (12.64%), Magnesium: 48.23mg (12.06%), Zinc: 1.8mg (12.03%), Vitamin C: 9.24mg (11.2%), Potassium: 372.02mg (10.63%), Iron: 1.66mg (9.2%), Manganese: 0.18mg (8.94%), Vitamin B1: 0.1mg (6.9%), Selenium: 3.79µg (5.41%), Vitamin B3: 1.04mg (5.21%), Folate: 20.45µg (5.11%), Vitamin B2: 0.07mg (4.4%), Fiber: 0.96g (3.84%), Vitamin B6: 0.06mg (3.06%), Vitamin A: 124.89IU (2.5%), Vitamin B5: 0.22mg (2.17%), Vitamin B12: 0.08µg (1.37%)