



Shrimp Cakes with Cactus Strips in Guajillo Sauce

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz tender cactus strips rinsed drained
- 4 eggs separated
- 5 guajillo chiles stemmed seeded
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 cup oil
- 0.5 small onion
- 0.3 cup ritz crackers crushed finely

0.5 cup ground shrimp dried

Equipment

bowl

frying pan

paper towels

sauce pan

blender

Directions

Cover chiles with hot water; let stand 15 min.

Drain chiles, reserving 1 cup soaking liquid; add reserved liquid and chiles to blender.

Add dressing, onion and 1 Tbsp. ground shrimp; blend 3 min. or until smooth.

Pour into large saucepan; bring to boil. Stir in cactus strips; cover. Simmer on medium-low heat 15 min.

Heat oil to 375F in medium skillet.

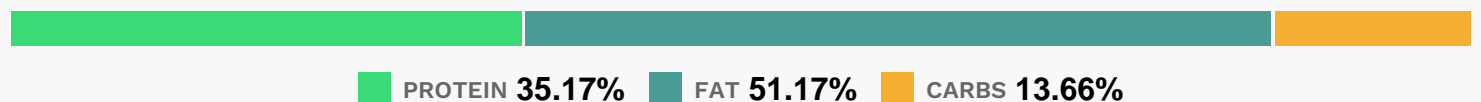
Mix remaining ground shrimp and cracker crumbs in large bowl; set aside. Beat egg whites in medium bowl with mixer on high speed until stiff peaks form; gently stir in egg yolks just until combined. Gently stir half the egg mixture into shrimp mixture. Repeat with remaining egg mixture.

Cook 4 shrimp cakes at a time in hot oil 45 sec. on each side or until golden brown on both sides, using 1/4 cup of the shrimp mixture for each cake.

Drain on paper towels.

Add to sauce in saucepan; cook 10 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.9569565265075%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 44.47kcal (2.22%), Fat: 2.62g (4.03%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.63g (0.7%), Cholesterol: 66.78mg (22.26%), Sodium: 166.29mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin A: 251.35IU (5.03%), Calcium: 43.99mg (4.4%), Manganese: 0.08mg (3.83%), Vitamin K: 3.35µg (3.19%), Iron: 0.54mg (3%), Selenium: 1.98µg (2.82%), Vitamin E: 0.39mg (2.57%), Vitamin B2: 0.04mg (2.45%), Magnesium: 8.88mg (2.22%), Fiber: 0.51g (2.06%), Vitamin C: 1.59mg (1.93%), Phosphorus: 17.12mg (1.71%), Potassium: 58.75mg (1.68%), Vitamin B6: 0.03mg (1.35%), Vitamin B5: 0.12mg (1.23%), Folate: 4.18µg (1.05%)