



## Shrimp Cakes with Lime Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups breadcrumbs fresh divided soft
- 1 large eggs
- 2 garlic cloves chopped
- 3 green onions chopped
- 1 tablespoon juice of lemon fresh
- 6 servings lime sauce
- 0.5 cup mayonnaise
- 0.5 bell pepper red coarsely chopped

- 2 teaspoons louisiana seasoning
- 1 pound shrimp deveined cooked peeled
- 6 servings vegetable oil

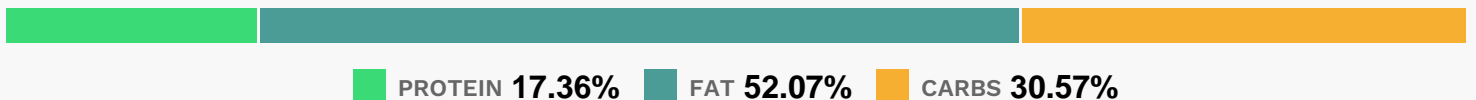
## Equipment

- food processor
- frying pan

## Directions

- Combine first 3 ingredients in a food processor; pulse until finely chopped.
- Add mayonnaise and next 3 ingredients; pulse until blended.
- Add shrimp; pulse until coarsely chopped. Stir in 2 cups breadcrumbs.
- Shape soft mixture into 12 patties. Coat patties with remaining breadcrumbs.
- Place a large, lightly oiled nonstick skillet over medium-high heat. Cook patties, in batches, 3 to 4 minutes on each side or until lightly browned.
- Serve with Lime Sauce.

## Nutrition Facts



## Properties

Glycemic Index:30.17, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:19.049564978351%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 553.16kcal (27.66%), Fat: 32.14g (49.44%), Saturated Fat: 5.34g (33.39%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 38.73g (14.08%), Sugar: 4.3g (4.78%), Cholesterol: 160.55mg (53.52%), Sodium: 617.71mg

(26.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Vitamin K: 82.94µg (78.99%), Vitamin B1: 0.54mg (36.24%), Manganese: 0.65mg (32.26%), Phosphorus: 281.52mg (28.15%), Selenium: 16.89µg (24.13%), Copper: 0.47mg (23.39%), Iron: 3.99mg (22.15%), Vitamin C: 17.18mg (20.82%), Vitamin B3: 3.82mg (19.08%), Folate: 76.02µg (19%), Calcium: 188.89mg (18.89%), Vitamin B2: 0.28mg (16.71%), Vitamin E: 2.4mg (15.99%), Fiber: 3.72g (14.87%), Magnesium: 58.51mg (14.63%), Zinc: 2.04mg (13.63%), Potassium: 392.56mg (11.22%), Vitamin A: 459.13IU (9.18%), Vitamin B6: 0.15mg (7.36%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.2µg (1.36%)