



Sofrito Fish Cakes with Creamy Chipotle Tartar Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



128 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoons chipotle chile canned finely chopped
- 2 teaspoons capers drained chopped
- 2 egg whites
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic cloves chopped
- 2 cups bell pepper green coarsely chopped
- 0.3 cup mayonnaise reduced-fat

- 4 teaspoons olive oil divided
- 1 medium onion quartered
- 0.5 teaspoon orange rind grated
- 1.8 cups bell pepper red coarsely chopped
- 1.5 pounds snapper red divided cleaned
- 1.8 teaspoons salt
- 0.3 cup cup heavy whipping cream fat-free sour
- 1 tablespoon relish sweet
- 3 ounce bread white

Equipment

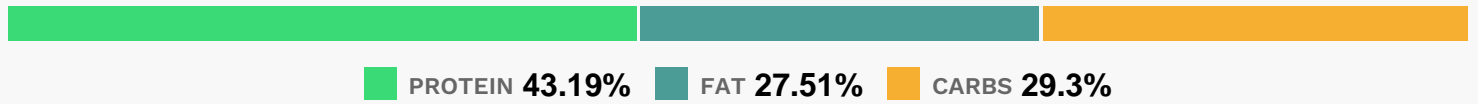
- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- To prepare sauce, combine first 5 ingredients in a small bowl. Set aside.
- Preheat oven to 40
- To prepare cakes, place green bell pepper and the next 4 ingredients (through onion) in a food processor; pulse until minced.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add bell pepper mixture; saut 5 minutes or until vegetables are tender.
- Remove from heat; cool completely. Wipe pan clean with a paper towel.
- Place bread in food processor; process until coarse crumbs measure 1 cup. Chop 1 pound of fish into 1/4-inch pieces; place in a large bowl. Chop remaining 1/2 pound fish; place in food processor. Pulse until finely minced; add to chopped fish.

- Add bell pepper mixture, breadcrumbs, 1 3/4 teaspoons salt, 1/2 teaspoon black pepper, orange rind, and egg whites to fish mixture; stir until well blended.
- Divide fish mixture into 24 equal portions, shaping each into a 1/2-inch-thick patty.
- Heat 1 teaspoon oil in pan over medium-high heat.
- Add 6 patties; cook 2 1/2 minutes on each side or until browned.
- Transfer patties to a baking sheet coated with cooking spray. Repeat process 3 times with remaining oil and patties.
- Bake at 400 for 10 minutes or until cooked through.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:3.1, Inflammation Score:-7, Nutrition Score:13.273043528847%

Flavonoids

Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 127.53kcal (6.38%), Fat: 3.87g (5.96%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 7.95g (2.89%), Sugar: 2.96g (3.29%), Cholesterol: 22.55mg (7.52%), Sodium: 499.72mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.34%), Vitamin C: 49.86mg (60.44%), Vitamin D: 5.78µg (38.56%), Selenium: 24.99µg (35.7%), Vitamin B12: 1.72µg (28.74%), Vitamin B6: 0.38mg (18.77%), Vitamin A: 899.8IU (18%), Phosphorus: 143.02mg (14.3%), Potassium: 372.87mg (10.65%), Vitamin K: 9.81µg (9.34%), Vitamin E: 1.35mg (8.99%), Manganese: 0.14mg (7.16%), Magnesium: 28.02mg (7.01%), Folate: 26.5µg (6.63%), Vitamin B1: 0.1mg (6.49%), Vitamin B5: 0.59mg (5.9%), Fiber: 1.32g (5.29%), Calcium: 50.47mg (5.05%), Vitamin B2: 0.08mg (4.75%), Vitamin B3: 0.87mg (4.34%), Iron: 0.62mg (3.42%), Copper: 0.06mg (2.93%), Zinc: 0.42mg (2.82%)