



Spicy Salmon Cakes with Mango Tartar Sauce

 Dairy Free

READY IN



23 min.

SERVINGS



12

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 servings pepper black freshly ground
- 1 tablespoon capers drained chopped
- 0.3 teaspoon cayenne pepper to taste
- 0.3 cup cornmeal
- 1 cup bread crumbs dry
- 2 eggs lightly beaten
- 3 tablespoons parsley leaves fresh chopped
- 1 cup mangos diced peeled (1 large)

- 0.5 cup mayonnaise
- 3 tablespoons onion red chopped
- 14.8 ounce pink salmon boneless drained canned
- 0.3 teaspoon salt
- 1 pinch salt and pepper black freshly ground
- 12 servings vegetable oil for frying

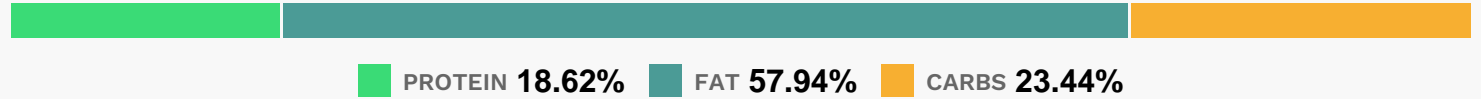
Equipment

- bowl
- whisk

Directions

- To make tartar sauce, whisk together the mango, mayonnaise, capers, and salt and pepper, to taste, in a medium bowl. Cover and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:27.1, Glycemic Load:2.98, Inflammation Score:-4, Nutrition Score:10.309999979061%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 210.86kcal (10.54%), Fat: 13.5g (20.78%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.11g (4.04%), Sugar: 2.71g (3.01%), Cholesterol: 50.37mg (16.79%), Sodium: 218.81mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.53%), Vitamin K: 38.35µg (36.52%), Selenium: 17.83µg (25.47%), Vitamin B12: 1.22µg (20.27%), Vitamin B6: 0.36mg (17.85%), Vitamin B3: 3.57mg (17.84%), Vitamin B2:

0.22mg (12.73%), Vitamin B1: 0.19mg (12.61%), Phosphorus: 114.55mg (11.45%), Vitamin B5: 0.82mg (8.2%), Vitamin C: 6.58mg (7.98%), Folate: 31.88µg (7.97%), Copper: 0.15mg (7.48%), Manganese: 0.15mg (7.4%), Potassium: 249.44mg (7.13%), Vitamin A: 311.52IU (6.23%), Iron: 1.11mg (6.16%), Magnesium: 22.27mg (5.57%), Vitamin E: 0.79mg (5.25%), Fiber: 1.18g (4.7%), Zinc: 0.63mg (4.21%), Calcium: 30.08mg (3.01%), Vitamin D: 0.17µg (1.1%)