



Spicy Shrimp Cakes with Corn and Avocado Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup avocado diced peeled
- ☐ 1 large eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 1 cup regular corn white frozen thawed
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced

- ☐ 1.5 teaspoons hot sauce
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 0.8 cup panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 2 tablespoons poblano pepper seeded finely chopped
- ☐ 1 cup bell pepper red finely chopped
- ☐ 3 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 teaspoon sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare cakes, place shrimp in a food processor; pulse 10 times or until finely chopped. Set aside.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add bell pepper to pan; saut 3 minutes.
- ☐ Add garlic to pan; saut for 1 minute.
- ☐ Remove from heat.
- ☐ Place bell pepper mixture in a large bowl.
- ☐ Add shrimp, green onions, and the next 6 ingredients (through egg), stirring well. Stir in cilantro and 1/4 cup panko.
- ☐ Divide shrimp mixture into 10 equal portions, shaping each portion into a 1/2-inch-thick patty. Dredge both sides of patties in remaining 1/2 cup panko. Chill at least one hour.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.

- ☐
- Add 5 cakes to pan; cook 4 minutes on each side or until browned.
- ☐
- Remove from pan; cover and keep warm. Repeat procedure with remaining cakes.
- ☐
- To prepare salsa, combine corn and remaining ingredients; stir gently.
- ☐
- Serve immediately with shrimp cakes.

PROTEIN

38.16%

FAT

28.75%

CARBS

33.09%

Properties

Glycemic Index:30.51, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:7.3817391162333%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 114.5kcal (5.73%), Fat: 3.81g (5.87%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 8.01g (2.91%), Sugar: 2.81g (3.12%), Cholesterol: 92.3mg (30.77%), Sodium: 205.62mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Vitamin C: 24.55mg (29.75%), Phosphorus: 142.2mg (14.22%), Vitamin K: 13.55µg (12.91%), Vitamin A: 600.79IU (12.02%), Copper: 0.23mg (11.69%), Potassium: 284.12mg (8.12%), Fiber: 1.87g (7.48%), Magnesium: 29.74mg (7.43%), Folate: 29.43µg (7.36%), Manganese: 0.14mg (7.15%), Zinc: 0.96mg (6.4%), Vitamin B6: 0.12mg (6.08%), Vitamin B1: 0.08mg (5.39%), Vitamin B2: 0.08mg (4.83%), Calcium: 47.07mg (4.71%), Vitamin B3: 0.94mg (4.71%), Iron: 0.83mg (4.62%), Vitamin E: 0.68mg (4.5%), Vitamin B5: 0.44mg (4.39%), Selenium: 3.04µg (4.35%)