



HEALTH SCORE

100%

Summer fish cakes with chilli cream



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 650 g potatoes
- ☐ 225 g avarakkai / broad beans
- ☐ 900 g fish fillet white firm
- ☐ 600 ml water
- ☐ 4 servings crème fraîche with tbsp of crème fraîche, drizzed with a little chilli sauce

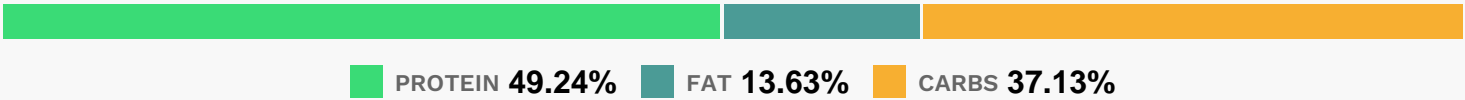
Equipment

- ☐ frying pan

Directions

- ☐ Peel and cook the potatoes for 20mins. Cook the broad beans for 5 mins.
- ☐ Drain both and mash together. Cook the white fish (or salmon, as in the cover recipe) in a pan with 600ml/1 pint water for 8–10 mins until tender.
- ☐ Drain and cool then flake into large pieces, discarding skin and bones. Fold the flakes into the mash and season.
- ☐ Shape into eight cakes. Dust with flour and fry in a little olive oil for 3–4 mins each side.
- ☐ Serve with a dollop of crme frache drizzled with a little chilli sauce.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:25.43, Inflammation Score:-7, Nutrition Score:30.272173757138%

Flavonoids

Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 426.76kcal (21.34%), Fat: 6.52g (10.04%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 33.38g (12.14%), Sugar: 2.7g (3%), Cholesterol: 119.58mg (39.86%), Sodium: 140.78mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.03g (106.06%), Selenium: 96.44µg (137.78%), Vitamin B12: 3.58µg (59.67%), Phosphorus: 554.56mg (55.46%), Vitamin B3: 10.91mg (54.53%), Vitamin D: 6.97µg (46.5%), Vitamin B6: 0.89mg (44.46%), Potassium: 1529.38mg (43.7%), Vitamin C: 32.29mg (39.14%), Folate: 139.22µg (34.81%), Magnesium: 125.01mg (31.25%), Manganese: 0.57mg (28.5%), Fiber: 6.61g (26.45%), Copper: 0.52mg (25.8%), Iron: 3.38mg (18.78%), Vitamin B1: 0.28mg (18.61%), Vitamin B5: 1.71mg (17.05%), Vitamin B2: 0.26mg (15.53%), Zinc: 1.84mg (12.24%), Calcium: 78.87mg (7.89%), Vitamin K: 8.05µg (7.67%), Vitamin E: 0.97mg (6.49%), Vitamin A: 86.45IU (1.73%)