



Sweet Potato Salmon Fish Cakes

READY IN



75 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large carrots diced
- 1 stalk celery diced
- 1 large eggs
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 2 tablespoons garlic minced
- 1 pinch ground nutmeg
- 8 servings salt and ground pepper black to taste
- 2 cups milk

- 0.3 cup olive oil
- 1 large potatoes peeled cut into large chunks
- 1 pinch pepper flakes red
- 8 ounce salmon fillet
- 1 cup seasoned bread crumbs dry
- 3 shallots diced
- 1 large sweet potatoes and into peeled cut into large chunks
- 0.5 cup vegetable oil for frying
- 0.3 cup wheat germ

Equipment

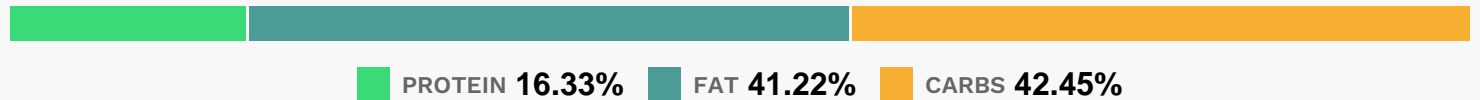
- bowl
- frying pan
- sauce pan
- pot

Directions

- Place sweet potato and potato into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 15 minutes.
- Drain and transfer to a large bowl to cool.
- Place salmon into a skillet and pour in milk. Bring to a simmer, cover skillet, and cook until salmon flakes easily with a fork, about 5 minutes.
- Remove salmon from the skillet; reserve milk in a bowl.
- Heat olive oil in the skillet over medium heat; cook and stir celery, carrot, nutmeg, red pepper flakes, salt, and pepper in the hot oil until celery and carrot are softened, about 5 minutes.
- Add shallots, parsley, cilantro, and garlic; cook and stir until fragrant, 3 to 5 minutes.
- Pour wheat germ, egg, and reserved milk over sweet potato and potato; mash until evenly combined.
- Flake salmon with a fork; mix flaked salmon and vegetable mixture into the mashed potato mixture using your hands.

- Heat vegetable oil large saucepan or skillet over medium-high heat.
- Pour bread crumbs into a large bowl.
- Form salmon mixture into patties using your hands; press each patty into bread crumbs, coating both sides.
- Fry patties, working in batches, in the hot oil until crisp and golden, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:60.57, Glycemic Load:12.13, Inflammation Score:-10, Nutrition Score:23.58565195747%

Flavonoids

Apigenin: 4.19mg, Apigenin: 4.19mg, Apigenin: 4.19mg, Apigenin: 4.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 327.77kcal (16.39%), Fat: 15.17g (23.34%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 30.85g (11.22%), Sugar: 7.26g (8.07%), Cholesterol: 46.31mg (15.44%), Sodium: 284.65mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.04%), Vitamin A: 7898.88IU (157.98%), Vitamin K: 51.82µg (49.35%), Manganese: 0.91mg (45.67%), Vitamin B6: 0.65mg (32.64%), Selenium: 20.81µg (29.73%), Vitamin B1: 0.4mg (26.76%), Phosphorus: 248.39mg (24.84%), Vitamin B12: 1.34µg (22.32%), Vitamin B3: 4.36mg (21.78%), Potassium: 737.27mg (21.06%), Vitamin B2: 0.36mg (20.93%), Vitamin C: 15.1mg (18.3%), Fiber: 4.29g (17.17%), Vitamin B5: 1.53mg (15.32%), Folate: 59.81µg (14.95%), Magnesium: 58.49mg (14.62%), Calcium: 144.41mg (14.44%), Copper: 0.28mg (14.05%), Iron: 2.27mg (12.63%), Vitamin E: 1.55mg (10.31%), Zinc: 1.54mg (10.29%), Vitamin D: 0.8µg (5.31%)