



Tortilla-Crusted Cod Cakes

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



458 kcal

Ingredients

- 0.3 teaspoon pepper black
- 1.5 pounds cod fillet
- 1 eggs
- 1 bunch cilantro leaves fresh
- 1 jalapeño seeded finely chopped
- 1.5 teaspoons kosher salt
- 4 tablespoons olive oil
- 2 oranges peeled thinly sliced into circles
- 1 medium onion red

- 1 cup tortilla chips crushed finely (from 3 cups chips)

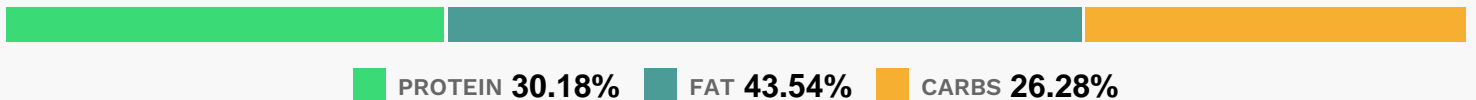
Equipment

- food processor
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 350 F. Finely chop enough onion to measure 3/4 cup and enough cilantro stems to measure 1 tablespoon (reserving the leaves).
- Heat 1 tablespoon of the oil in an ovenproof skillet over medium heat.
- Add the onion, cilantro stems, and jalapeo and cook until softened, 4 minutes. Pulse the cod, egg, salt, pepper, and the onion mixture in a food processor until combined but not pureed. Form 8 cod cakes. Coat each cake with the chips. Wipe out skillet.
- Heat 1 tablespoon of the remaining oil over medium heat.
- Add 4 cakes and cook until golden brown, 3 minutes on each side.
- Transfer to a baking sheet. Wipe out skillet and repeat with 1 tablespoon of the remaining oil and the last 4 cakes.
- Bake until cooked through, about 10 minutes. Thinly slice the remaining onion. Toss with the oranges, 1/2 cup of the cilantro leaves, and the remaining oil.
- Serve with the cakes. Tip: Cilantro stems have a mild though distinct flavor. Use them when you want a slightly less pungent cilantro presence than you'd get from the leaves.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:21.289130418197%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 458.24kcal (22.91%), Fat: 22.27g (34.26%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 26.47g (9.63%), Sugar: 7.72g (8.58%), Cholesterol: 114.06mg (38.02%), Sodium: 1076.26mg (46.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.45%), Selenium: 61.45µg (87.79%), Vitamin C: 43.27mg (52.45%), Phosphorus: 450.98mg (45.1%), Vitamin E: 4.53mg (30.23%), Vitamin B6: 0.58mg (28.86%), Vitamin B12: 1.65µg (27.43%), Potassium: 949.79mg (27.14%), Magnesium: 90.48mg (22.62%), Vitamin K: 21.8µg (20.76%), Vitamin B3: 4.04mg (20.22%), Vitamin B1: 0.25mg (16.43%), Fiber: 3.78g (15.11%), Vitamin B2: 0.22mg (12.97%), Folate: 47.61µg (11.9%), Vitamin D: 1.75µg (11.67%), Calcium: 99.37mg (9.94%), Vitamin B5: 0.99mg (9.91%), Zinc: 1.42mg (9.44%), Vitamin A: 449.6IU (8.99%), Iron: 1.54mg (8.56%), Copper: 0.13mg (6.6%), Manganese: 0.11mg (5.53%)