



Trout Cakes with Lemon

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

285 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons capers drained coarsely chopped
- ☐ 0.1 cup chives chopped
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons horseradish fresh grated prepared
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons green onion chopped
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 cup panko bread crumbs divided for couple seconds pulsed in blender
- ☐ 0.1 teaspoon paprika

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups trout smoked flaked
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons vegetable oil as needed plus more
- ☐ 0.3 cup whipping cream

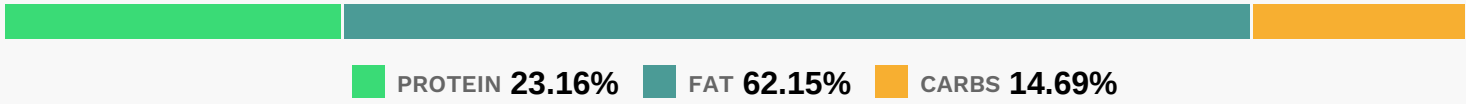
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine trout, onion, capers, lemon peel, pepper and salt in medium bowl. Stir in egg, cream and 1/2 cup bread crumbs to blend. Form mixture into 8 (1/2-inch thick) cakes.
- ☐ Place remaining bread crumbs in shallow dish then roll cakes in bread crumbs, coating completely.
- ☐ Heat 2 tablespoons oil in large skillet over medium heat. Working in batches cook fish cakes until golden brown about 3 minutes per side.
- ☐ Add more oil, as necessary, then serve with horseradish cream.
- ☐ In a medium serving bowl, combine sour cream, horseradish, paprika, chives, garlic, salt and pepper until blended.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:12.075217361036%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 284.79kcal (14.24%), Fat: 19.68g (30.27%), Saturated Fat: 8g (50.02%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 9.65g (3.51%), Sugar: 2.73g (3.03%), Cholesterol: 127.52mg (42.51%), Sodium: 280.24mg (12.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Selenium: 34.73µg (49.61%), Vitamin B12: 2.25µg (37.53%), Phosphorus: 261.9mg (26.19%), Vitamin B2: 0.29mg (17.07%), Vitamin B6: 0.33mg (16.65%), Vitamin K: 16.51µg (15.72%), Vitamin B3: 2.49mg (12.46%), Vitamin A: 576.86IU (11.54%), Potassium: 374.03mg (10.69%), Vitamin B1: 0.15mg (10.28%), Magnesium: 36.46mg (9.12%), Calcium: 88.91mg (8.89%), Vitamin B5: 0.87mg (8.66%), Manganese: 0.16mg (8.2%), Folate: 26.12µg (6.53%), Iron: 0.99mg (5.51%), Zinc: 0.81mg (5.42%), Vitamin E: 0.74mg (4.92%), Copper: 0.08mg (3.78%), Vitamin C: 2.91mg (3.53%), Fiber: 0.82g (3.26%), Vitamin D: 0.33µg (2.17%)