



Asian Salmon Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 1 teaspoon soy sauce reduced-sodium
- ☐ 1 salmon
- ☐ 0.3 cup spring onion sliced
- ☐ 6.4 oz hotdog buns toasted

Equipment

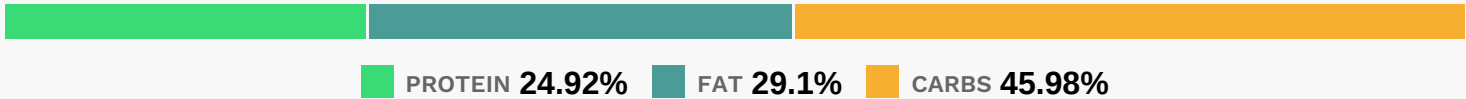
- ☐ food processor
- ☐ bowl

☐ grill

Directions

- ☐ In the bowl of a food processor, pulse salmon, panko, and egg white until salmon is finely chopped.
- ☐ Form salmon into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are just cooked through (5–7 minutes per side).
- ☐ Combine mayonnaise and soy sauce.
- ☐ Serve burgers with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:13.68, Inflammation Score:-3, Nutrition Score:11.999130601468%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 214.6kcal (10.73%), Fat: 6.81g (10.48%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 23.24g (8.45%), Sugar: 3.83g (4.25%), Cholesterol: 25.06mg (8.35%), Sodium: 375.61mg (16.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.26%), Selenium: 28.17µg (40.24%), Vitamin B3: 5.28mg (26.42%), Vitamin B12: 1.44µg (24.04%), Vitamin B1: 0.35mg (23.14%), Vitamin K: 20.75µg (19.76%), Vitamin B6: 0.38mg (19.11%), Vitamin B2: 0.3mg (17.9%), Folate: 58.23µg (14.56%), Manganese: 0.27mg (13.68%), Phosphorus: 136.78mg (13.68%), Iron: 2.02mg (11.22%), Potassium: 288.49mg (8.24%), Copper: 0.16mg (8.17%), Calcium: 75.92mg (7.59%), Vitamin B5: 0.72mg (7.22%), Magnesium: 25.08mg (6.27%), Zinc: 0.64mg (4.3%), Fiber: 0.99g (3.95%), Vitamin E: 0.39mg (2.61%), Vitamin C: 1.76mg (2.14%), Vitamin A: 87.12IU (1.74%)