



## Asian Salmon Burgers With Tangy Ginger Lime Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 hawaiian rolls
- 1 tablespoon basil fresh chopped ( 5 leaves worth)
- 1 tablespoon basil fresh chopped ( 5 leaves worth)
- 1 clove garlic
- 1 spring onion chopped
- 0.3 juice of lime juiced
- 0.3 cup mayonnaise
- 1 teaspoon oyster sauce

- 0.5 teaspoon ground ginger
- 1 pound salmon
- 5.5 tablespoons sesame oil
- 2 tablespoons cream sour
- 1 tablespoon soya sauce

## Equipment

- food processor
- frying pan

## Directions

- Cut the salmon into large hunks and run it through a food processor until no large pieces remain.
- Add to the salmon the soy sauce, garlic, ginger, oyster sauce, green onion, and basil.
- Combine ingredients well and form 4 large patties from mixture.
- Heat up the sesame oil in a large frying pan on medium high heat and add in the patties. Cook for about 10 minutes flipping once half way through. To make the sauce, add together all the above listed ingredients and stir to combine.
- Pour a spoonful of sauce over the top of the finished salmon burger and serve inside a toasted bun.

## Nutrition Facts

    
 **PROTEIN 19.7%**  **FAT 63.81%**  **CARBS 16.49%**

## Properties

Glycemic Index:82.25, Glycemic Load:13.07, Inflammation Score:-5, Nutrition Score:23.006086956522%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg,

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## Taste

Sweetness: 27.1%, Saltiness: 99.57%, Sourness: 25.67%, Bitterness: 9.97%, Savoriness: 73.74%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 565.32kcal (28.27%), Fat: 39.79g (61.22%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 22.18g (8.07%), Sugar: 3.61g (4.01%), Cholesterol: 71.79mg (23.93%), Sodium: 646.15mg (28.09%), Protein: 27.64g (55.28%), Selenium: 54µg (77.14%), Vitamin B12: 3.73µg (62.13%), Vitamin B3: 10.97mg (54.86%), Vitamin B6: 0.98mg (49.12%), Vitamin K: 37.98µg (36.17%), Vitamin B2: 0.58mg (34.4%), Vitamin B1: 0.5mg (33.28%), Phosphorus: 287.41mg (28.74%), Manganese: 0.39mg (19.66%), Vitamin B5: 1.96mg (19.61%), Potassium: 648.49mg (18.53%), Folate: 73.71µg (18.43%), Copper: 0.35mg (17.63%), Iron: 2.67mg (14.81%), Magnesium: 47.49mg (11.87%), Calcium: 89.92mg (8.99%), Zinc: 1.14mg (7.6%), Vitamin E: 0.9mg (5.98%), Fiber: 0.97g (3.87%), Vitamin A: 176.01IU (3.52%), Vitamin C: 2.16mg (2.61%)