



Asian Salmon Cakes with Sesame-Wasabi Cream

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 6 tablespoons mayonnaise light divided
- ☐ 1 tablespoon olive oil
- ☐ 2 cups coarsely salmon leftover flaked
- ☐ 2 tablespoons seasoned bread crumbs dry

- ☐ 2 teaspoons sesame oil toasted
- ☐ 2 teaspoons wasabi paste

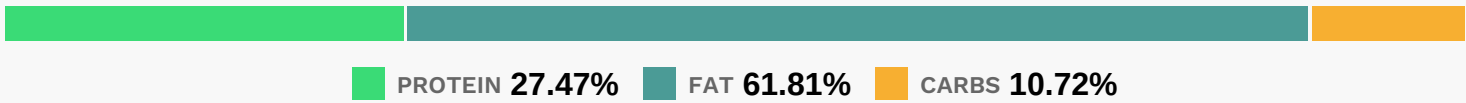
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, gently combine the salmon, bread crumbs, egg, cilantro, cumin, and 2 tablespoons of the mayonnaise until combined. Shape mixture into 4 patties, each about 1-inch thick.
- ☐ In a small bowl, add the sesame oil and wasabi paste to the remaining 1/4 cup mayonnaise and mix well. Set aside.
- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Add the salmon cakes and cook until golden brown and cooked through, 3 to 5 minutes per side.
- ☐ Serve the cakes with sesame-wasabi cream spooned over the top (1 tablespoon per salmon cake).

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:12.763043460639%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 236.81kcal (11.84%), Fat: 16.06g (24.71%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.77g (2.1%), Sugar: 1.09g (1.21%), Cholesterol: 87.31mg (29.1%), Sodium: 289.52mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.12%), Selenium: 30.47µg (43.52%), Vitamin B12:

2.29µg (38.19%), Vitamin B6: 0.6mg (29.78%), Vitamin B3: 5.71mg (28.53%), Vitamin B2: 0.34mg (20.05%), Phosphorus: 177.29mg (17.73%), Vitamin K: 16.33µg (15.55%), Vitamin B1: 0.21mg (14.33%), Vitamin B5: 1.37mg (13.72%), Potassium: 392.21mg (11.21%), Copper: 0.2mg (10.18%), Iron: 1.42mg (7.87%), Vitamin E: 1.16mg (7.7%), Folate: 30.23µg (7.56%), Magnesium: 27.52mg (6.88%), Zinc: 0.75mg (4.98%), Manganese: 0.09mg (4.6%), Calcium: 33.48mg (3.35%), Vitamin A: 133.02IU (2.66%), Fiber: 0.5g (1.98%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.25mg (1.51%)