



WHATSheATE



Asian Spiced Salmon Sliders with Soy Mayo & Spicy Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoon asian fish sauce
- ☐ 0.3 cup cialntro leaves minced
- ☐ 0.3 cup sesame seed black toasted
- ☐ 2 tablespoon brown sugar
- ☐ 0.3 cup cilantro leaves with some stem attached
- ☐ 2 teaspoon ginger fresh grated
- ☐ 1 clove garlic minced peeled

- ☐ 2 pound cabbage green
- ☐ 4 green onions light minced
- ☐ 1 jalapeño chile deveined plus more to taste jalapeno chile, seeded, & finely chopped plus more to taste seeded finely chopped
- ☐ 3 tablespoon juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 1 orange zest
- ☐ 0.3 cup panko bread crumbs (japanese)
- ☐ 0.8 pound cabbage red
- ☐ 1 cup onion red loosely packed peeled halved thinly sliced
- ☐ 3 tablespoon rice vinegar
- ☐ 2 pound alaska sockeye salmon fillets wild skinless
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.3 cup soya sauce divided
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon thai chili paste
- ☐ 16 grilled as you prefer toasted

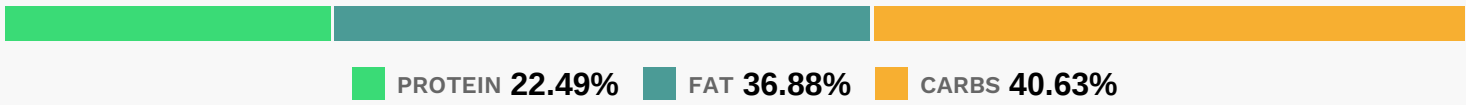
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Make the slaw: In a large bowl, toss the cabbages, red onion slices, jalapenos and cilantro until well combined. In a medium bowl, whisk lime juice, rice vinegar, fish sauce, sugar, and black sesame seeds.
- ☐ Combine cup soy sauce and 2 tablespoons brown sugar in a small saucepan set over medium high heat. Cook, swirling the pan often until a syrupy consistence is achieved about 3 minutes.
- ☐ Cut the salmon into 1-inch pieces and transfer to the bowl of a food processor. Pulse 3–5 times until coarsely ground, taking care not to over-process or salmon will become a paste.
- ☐ Transfer to a mixing bowl and add panko, green onions, minced cilantro, minced ginger, orange zest, Thai chili paste, garlic, teaspoon salt, and 2 teaspoons soy sauce Using a rubber spatula mix gently but thoroughly to combine. Divide the mixture into 16 small slider-sized patties.
- ☐ Transfer to a parchment-lined baking sheet and cover with plastic wrap. Refrigerate at least 2 hours. Or freeze and thaw just before grilling.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:2.13, Inflammation Score:-7, Nutrition Score:19.989565117204%

Flavonoids

Cyanidin: 44.61mg, Cyanidin: 44.61mg, Cyanidin: 44.61mg, Cyanidin: 44.61mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 288kcal (14.4%), Fat: 11.99g (18.45%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 29.71g (9.9%), Net Carbohydrates: 24.89g (9.05%), Sugar: 8.28g (9.2%), Cholesterol: 34.12mg (11.37%), Sodium: 635.27mg (27.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.9%), Vitamin K: 69.94µg (66.61%), Vitamin C: 39.11mg (47.41%), Vitamin B6: 0.71mg (35.44%), Selenium: 22.8µg (32.57%), Vitamin B12: 1.83µg (30.52%), Manganese: 0.57mg (28.64%), Vitamin B3: 5.21mg (26.07%), Iron: 3.98mg (22.12%), Fiber: 4.83g (19.31%), Vitamin B2: 0.29mg (17.36%), Phosphorus: 167.38mg (16.74%), Folate: 59.9µg (14.98%), Potassium: 515.85mg (14.74%), Copper: 0.29mg (14.49%), Vitamin B1: 0.22mg (14.48%), Calcium: 130.08mg (13.01%), Magnesium: 49.77mg (12.44%), Vitamin A: 612.31IU (12.25%), Vitamin B5: 1.16mg (11.6%), Zinc: 0.92mg (6.12%), Vitamin E: 0.42mg (2.77%)