



Barry Good' Salmon Patty

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon optional: dill dried
- 4 large eggs
- 16 sprigs parsley fresh
- 1 teaspoon garlic powder
- 1 teaspoon ground pepper black
- 2 juice of lemon juiced
- 16 slices optional: lemon
- 0.8 cup mayonnaise

- 1.5 cups panko bread crumbs
- 2 tablespoons ranch dressing mix
- 4 pounds pink salmon flaked drained sea® (such as Chicken of the)
- 1 teaspoon salt
- 1 teaspoon seafood seasoning old bay® (such as)
- 0.3 cup vegetable oil or as needed
- 0.5 cup cornmeal white

Equipment

- bowl
- frying pan

Directions

- Mix salmon, eggs, bread crumbs, mayonnaise, lemon juice, ranch dressing mix, salt, pepper, garlic powder, dill, and seafood seasoning in a large bowl; divide into 15 portions and shape into patties. Dust each patty with cornmeal.
- Heat 1 tablespoon oil in a large skillet. Fry a few patties in hot oil, not overcrowding the skillet, until browned, 3 to 4 minutes per side. Repeat until all patties are cooked.
- Garnish each with a lemon slice and a sprig of parsley.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:22.275217662687%

Flavonoids

Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.1mg,

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 354.46kcal (17.72%), Fat: 21.59g (33.22%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 9.92g (3.61%), Sugar: 0.87g (0.97%), Cholesterol: 120.83mg (40.28%), Sodium: 493.55mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.74%), Selenium: 50.11µg (71.59%), Vitamin B12: 4µg (66.66%), Vitamin B6: 1.07mg (53.33%), Vitamin B3: 10.1mg (50.49%), Vitamin K: 44.18µg (42.08%), Vitamin B2: 0.56mg (32.84%), Phosphorus: 299.17mg (29.92%), Vitamin B5: 2.43mg (24.29%), Vitamin B1: 0.36mg (24.05%), Potassium: 676.21mg (19.32%), Copper: 0.35mg (17.52%), Folate: 48.73µg (12.18%), Magnesium: 48.35mg (12.09%), Iron: 1.94mg (10.75%), Vitamin C: 6.98mg (8.46%), Zinc: 1.25mg (8.36%), Manganese: 0.15mg (7.44%), Vitamin E: 0.86mg (5.72%), Fiber: 1.15g (4.61%), Vitamin A: 227.54IU (4.55%), Calcium: 41.46mg (4.15%), Vitamin D: 0.29µg (1.93%)