



Basic Salmon Croquettes

READY IN



10 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup self-rising corn meal mix
- ☐ 1 large eggs lightly beaten
- ☐ 0.1 teaspoon garlic salt
- ☐ 6 servings lemon-caper cream
- ☐ 14 oz pink salmon canned
- ☐ 2 tablespoons self-rising flour
- ☐ 2 cups vegetable oil

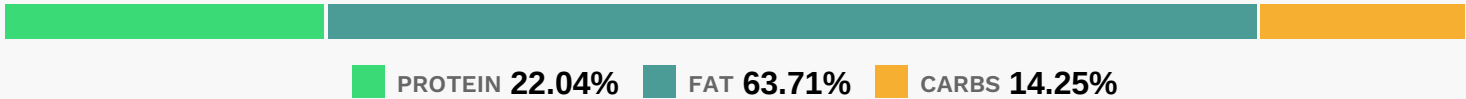
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack

Directions

- ☐ Drain salmon; remove skin and bones, and flake.
- ☐ Place salmon in a medium bowl. Stir in egg and next 4 ingredients until blended. (Batter will be wet.)
- ☐ Drop salmon mixture by tablespoonfuls into hot oil in a large skillet over medium-high heat, and slightly flatten with a fork. Fry, in batches, 2 to 3 minutes on each side or until browned.
- ☐ Drain on paper towels. Keep warm on a wire rack in a jelly-roll pan in a 200 oven.
- ☐ Serve with Lemon-Caper Cream.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:1.52, Inflammation Score:-4, Nutrition Score:13.989565299905%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 290.04kcal (14.5%), Fat: 20.51g (31.55%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 9.47g (3.44%), Sugar: 1.19g (1.32%), Cholesterol: 69.58mg (23.19%), Sodium: 235.15mg (10.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.93%), Selenium: 28.4µg (40.57%), Vitamin B12: 2.27µg (37.83%), Vitamin B6: 0.61mg (30.26%), Vitamin B3: 5.75mg (28.73%), Vitamin K: 26.82µg (25.54%), Phosphorus: 230.66mg (23.07%), Vitamin B2: 0.37mg (21.62%), Vitamin B1: 0.23mg (15.62%), Vitamin B5: 1.36mg (13.64%), Folate: 47.93µg (11.98%), Potassium: 394.18mg (11.26%), Copper: 0.2mg (9.82%), Vitamin E: 1.31mg (8.73%), Magnesium: 28.43mg (7.11%), Iron: 1.21mg (6.75%), Calcium: 66.04mg (6.6%), Zinc: 0.76mg (5.08%), Vitamin C: 3.71mg (4.5%), Manganese: 0.08mg (4.16%), Fiber: 0.85g (3.39%), Vitamin D: 0.43µg (2.84%), Vitamin A: 133.15IU (2.66%)