



Broiled Salmon Burgers

READY IN



45 min.

SERVINGS



5

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup breadcrumbs dry
- ☐ 0.3 cup milk fat-free
- ☐ 1 garlic clove minced
- ☐ 10 ounce hamburger buns with sesame seeds, toasted
- ☐ 0.3 cup juice of lemon divided
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 20 ounce salmon fillet ()
- ☐ 2 tablespoons shallots minced

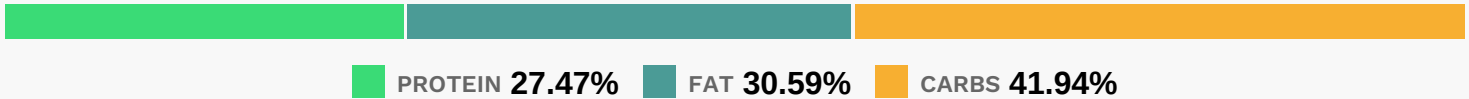
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine the mayonnaise, 2 tablespoons lemon juice, and minced garlic in a small bowl.
- ☐ Place breadcrumbs in a shallow dish.
- ☐ Combine 2 tablespoons lemon juice, milk, shallots, and mustard in a medium bowl. Dip 1 fish fillet in milk mixture, and dredge in breadcrumbs. Repeat the procedure with remaining fish.
- ☐ Place fillets on a broiler pan coated with cooking spray, and broil for 7 minutes on each side or until the fish flakes easily when tested with a fork.
- ☐ Place fillets on bottom halves of buns; spread with 2 tablespoons mayonnaise mixture, and cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:37.45, Glycemic Load:17.42, Inflammation Score:-6, Nutrition Score:27.251739242802%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 472.13kcal (23.61%), Fat: 15.77g (24.27%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 46.22g (16.81%), Sugar: 7.6g (8.44%), Cholesterol: 66.32mg (22.11%), Sodium: 745.08mg (32.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Selenium: 65.27µg (93.24%), Vitamin B12: 3.87µg (64.44%), Vitamin B3: 12.79mg (63.95%), Vitamin B1: 0.8mg (53.3%), Vitamin B6: 1.03mg (51.4%),

Vitamin B2: 0.71mg (41.74%), Phosphorus: 346.94mg (34.69%), Manganese: 0.58mg (29.02%), Folate: 110.14µg (27.53%), Iron: 4.09mg (22.72%), Vitamin B5: 2.11mg (21.12%), Potassium: 731.89mg (20.91%), Copper: 0.42mg (20.83%), Calcium: 159.37mg (15.94%), Vitamin K: 16.31µg (15.53%), Magnesium: 61.73mg (15.43%), Zinc: 1.59mg (10.61%), Fiber: 2.43g (9.71%), Vitamin C: 5.99mg (7.26%), Vitamin E: 0.7mg (4.68%), Vitamin A: 91.8IU (1.84%)