



Chipotle Salmon Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 boston lettuce leaves
- ☐ 1 tablespoon chipotles in adobo canned finely chopped
- ☐ 4 muffins english
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 3 tablespoons mayonnaise light
- ☐ 2 teaspoons juice of lime fresh

- ☐ 0.1 teaspoon lime zest finely grated
- ☐ 2 tablespoons mangos fresh finely chopped
- ☐ 1 tablespoon pineapple fresh finely chopped
- ☐ 1.3 pound salmon fillet cut into 1-inch pieces
- ☐ 0.3 teaspoon salt

Equipment

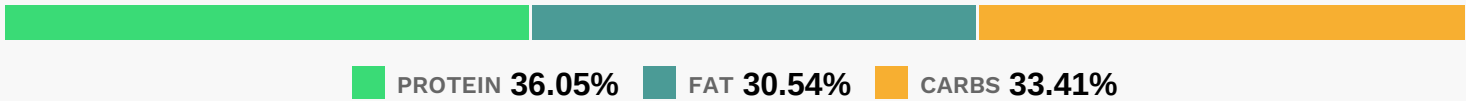
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ grill pan

Directions

- ☐ To prepare mayonnaise, combine first 5 ingredients in a food processor or blender; process until smooth.
- ☐ Transfer to a bowl; cover and chill.
- ☐ To prepare burgers, place onions, 1/4 cup cilantro, chile, and juice in a food processor; process until finely chopped.
- ☐ Add salt and salmon; pulse 4 times or until salmon is coarsely ground and mixture is well blended.
- ☐ Divide salmon mixture into 4 equal portions; shape each portion into a (1-inch-thick) patty. Cover and chill 30 minutes.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 6 minutes on each side or until desired degree of doneness.
- ☐ Wipe skillet with paper towels; recoat with cooking spray.
- ☐ Place 2 muffins, cut sides down, in pan; cook 2 minutes or until lightly toasted. Repeat procedure with cooking spray and remaining muffins.
- ☐ Place 1 muffin bottom on each of 4 plates; top each serving with 1 lettuce leaf and 1 patty.

Spread about 1 tablespoon mayonnaise mixture over each patty; place 1 muffin top on each serving.

Nutrition Facts



Properties

Glycemic Index:78.35, Glycemic Load:19.41, Inflammation Score:-7, Nutrition Score:26.338695774908%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 374.52kcal (18.73%), Fat: 12.43g (19.13%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 28.1g (10.22%), Sugar: 2.39g (2.65%), Cholesterol: 79.64mg (26.55%), Sodium: 561.82mg (24.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.04%), Vitamin B12: 4.53µg (75.51%), Selenium: 52.21µg (74.59%), Vitamin B3: 12.22mg (61.08%), Vitamin B6: 1.22mg (60.86%), Vitamin K: 42µg (40%), Vitamin B2: 0.65mg (38.15%), Phosphorus: 371.13mg (37.11%), Vitamin B1: 0.44mg (29.59%), Vitamin B5: 2.68mg (26.8%), Potassium: 856.39mg (24.47%), Copper: 0.45mg (22.74%), Folate: 78.01µg (19.5%), Vitamin A: 801.77IU (16.04%), Manganese: 0.31mg (15.58%), Magnesium: 58.58mg (14.64%), Iron: 2.1mg (11.67%), Fiber: 2.51g (10.03%), Vitamin C: 7.7mg (9.34%), Zinc: 1.4mg (9.3%), Calcium: 61.02mg (6.1%), Vitamin E: 0.4mg (2.69%)