



Chipotle Salmon Burgers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 boston lettuce leaves
- ☐ 1 tablespoon chipotles in adobo canned finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 11.2 ounce hamburger buns gluten-free
- ☐ 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 finely chopped
- ☐ 1 tablespoon pineapple finely chopped
- ☐ 1.3 pound salmon fillet cut into 1-inch pieces
- ☐ 0.3 teaspoon salt

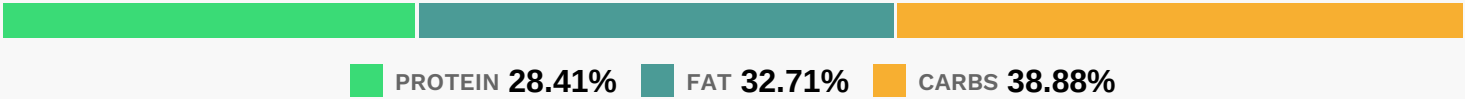
Equipment

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

Directions

- ☐ Place first 5 ingredients in a food processor or blender; process until slightly chunky.
- ☐ Transfer to a bowl; cover and chill.
- ☐ Place onions, 1/4 cup cilantro, chile, and juice in a food processor; process until finely chopped.
- ☐ Add salt and fish; pulse 4 times or until fish is coarsely ground and mixture is well blended.
- ☐ Divide fish mixture into 4 equal portions, shaping each 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 pan with paper towels; recoat with cooking spray.
- ☐ Place 2 buns, cut sides down, in pan; cook 2 minutes or until lightly toasted. Repeat procedure with cooking spray and remaining buns.
- ☐ Top bottom half of each bun with 1 lettuce leaf and 1 patty.
- ☐ Spread about 1 tablespoon mayonnaise mixture over each patty; place top half of 1 bun on each serving.

Nutrition Facts



Properties

Glycemic Index:59.6, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:23.904782398887%

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: 427.34kcal (21.37%), Fat: 15.61g (24.01%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 38.9g (14.15%), Sugar: 5.18g (5.76%), Cholesterol: 79.64mg (26.55%), Sodium: 708.23mg (30.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.5g (60.99%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.21µg (74.59%), Vitamin B6: 1.19mg (59.63%), Vitamin B3: 11.32mg (56.62%), Vitamin K: 42µg (40%), Vitamin B2: 0.56mg (32.99%), Phosphorus: 295.32mg (29.53%), Vitamin B5: 2.43mg (24.25%), Vitamin B1: 0.34mg (22.71%), Potassium: 781.72mg (22.33%), Copper: 0.38mg (19.06%), Vitamin A: 801.77IU (16.04%), Folate: 56.92µg (14.23%), Magnesium: 46.61mg (11.65%), Fiber: 2.83g (11.34%), Iron: 1.93mg (10.71%), Vitamin C: 7.65mg (9.27%), Zinc: 1mg (6.64%), Manganese: 0.11mg (5.4%), Calcium: 50.04mg (5%), Vitamin E: 0.4mg (2.69%)