



Classic Salmon Cakes

 Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 2 tablespoons green onions finely chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 optional: lemon quartered
- ☐ 1 teaspoon juice of lemon

- ☐ 2 tablespoons canola mayonnaise
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 1 tablespoon olive oil
- ☐ 0.7 cup panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 8 ounces salmon flaked cooked
- ☐ 0.5 teaspoon worcestershire sauce

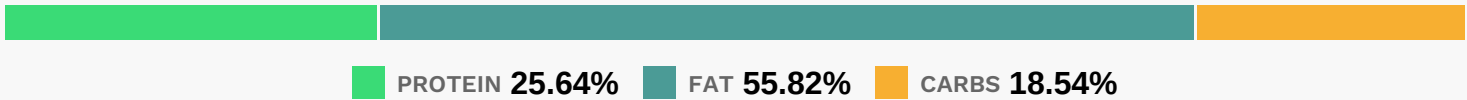
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 1/3 cup panko and next 10 ingredients (through egg) in a large bowl, stirring well.
- ☐ Add salmon; stir gently just until combined.
- ☐ Place remaining 1/3 cup panko in a shallow dish. Using wet hands, shape salmon mixture into 4 equal balls. Coat balls in panko. Gently flatten balls to form 4 (4-inch) patties.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add patties; cook 3 minutes on each side or until golden.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:14.296521819156%

Flavonoids

Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.53mg,

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 228.16kcal (11.41%), Fat: 14.22g (21.88%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 9.2g (3.35%), Sugar: 1.6g (1.78%), Cholesterol: 80.62mg (26.87%), Sodium: 258.27mg (11.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.39%), Selenium: 27.79µg (39.71%), Vitamin K: 38.91µg (37.06%), Vitamin B12: 1.96µg (32.63%), Vitamin B6: 0.53mg (26.42%), Vitamin B3: 5.21mg (26.06%), Vitamin C: 16.87mg (20.45%), Vitamin B2: 0.33mg (19.18%), Vitamin B1: 0.25mg (16.53%), Phosphorus: 164.64mg (16.46%), Vitamin B5: 1.27mg (12.65%), Potassium: 379.34mg (10.84%), Copper: 0.2mg (9.83%), Folate: 38.32µg (9.58%), Iron: 1.61mg (8.96%), Manganese: 0.14mg (7.17%), Magnesium: 27mg (6.75%), Vitamin E: 0.97mg (6.44%), Fiber: 1.42g (5.68%), Vitamin A: 248.96IU (4.98%), Zinc: 0.74mg (4.92%), Calcium: 47.55mg (4.76%), Vitamin D: 0.26µg (1.76%)