



Crispy Salmon Cakes with Lemon-Caper Mayonnaise

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce salmon flaked drained canned
- ☐ 2 teaspoons capers
- ☐ 0.3 cup celery finely chopped
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 6 tablespoons mayonnaise fat-free

- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup onion finely chopped
- ☐ 0.8 cup saltines fat-free divided crushed (20 crackers)
- ☐ 1 tablespoon vegetable oil divided

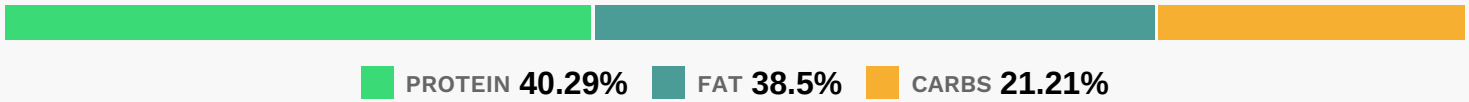
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare flavored mayonnaise, combine first 6 ingredients in a small bowl; cover and chill.
- ☐ To prepare salmon cakes, heat 1 teaspoon oil in a medium nonstick skillet over medium heat.
- ☐ Add onion and celery; saut 4 minutes or until tender.
- ☐ Combine onion mixture, 1/2 cup crackers, mustard, 1/4 teaspoon black pepper, salmon, and egg in a medium bowl. Divide salmon mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Coat each patty with 1 tablespoon crackers. Cover and chill 20 minutes.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium heat until hot.
- ☐ Add patties; cook for 5 minutes on each side or until lightly browned.
- ☐ Serve the salmon cakes with flavored mayonnaise.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:23.322608849277%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin:

0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 275.29kcal (13.76%), Fat: 11.8g (18.15%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 13.31g (4.84%), Sugar: 2.98g (3.31%), Cholesterol: 136.63mg (45.54%), Sodium: 787.24mg (34.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.56%), Vitamin D: 15.67µg (104.43%), Vitamin B12: 5.39µg (89.76%), Selenium: 48.63µg (69.47%), Phosphorus: 451.14mg (45.11%), Vitamin B3: 8.8mg (44%), Calcium: 320.33mg (32.03%), Vitamin B2: 0.35mg (20.59%), Vitamin K: 17.38µg (16.55%), Vitamin E: 2mg (13.31%), Potassium: 442.47mg (12.64%), Magnesium: 43.16mg (10.79%), Iron: 1.93mg (10.72%), Manganese: 0.2mg (10.2%), Vitamin B1: 0.14mg (9.31%), Vitamin B5: 0.9mg (8.96%), Zinc: 1.34mg (8.94%), Vitamin B6: 0.17mg (8.3%), Folate: 32.58µg (8.14%), Copper: 0.13mg (6.69%), Fiber: 1.31g (5.25%), Vitamin A: 188.7IU (3.77%), Vitamin C: 1.56mg (1.89%)