



## Crispy Salmon Croquettes with Remoulade Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 servings canola oil for frying
- ☐ 1 tablespoon capers
- ☐ 1 eggs lightly beaten
- ☐ 0.5 teaspoon garlic crushed
- ☐ 0.3 cup rémoulade sauce
- ☐ 6 dashes hot sauce
- ☐ 2.5 teaspoons juice of lemon

- ☐ 1.3 cups mayonnaise
- ☐ 2 fillet salmon pre-cooked
- ☐ 1 scallion finely chopped
- ☐ 1 teaspoon seafood seasoning recommended: Old Bay
- ☐ 0.8 cup fish fry coating mix plus more for coating recommended: kraft
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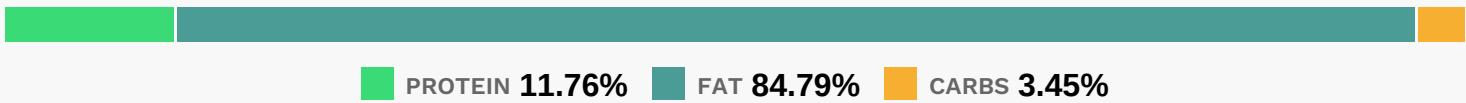
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pie form

## Directions

- ☐ Combine all the remoulade ingredients, except scallions in a bowl and stir together with a fork to help break up the capers.
- ☐ Mix in scallion and set aside.
- ☐ Using a fork flake the salmon meat away from the skin. Discard skin.
- ☐ In a medium bowl, beat egg. To the egg, add the fish fry mix, salmon, hot sauce, and 1/4 cup of remoulade sauce.
- ☐ Mix well to combine. Form into 8 patties.
- ☐ Pour the remaining fish fry mix into a pie dish or onto a dish. Coat the patties in the remaining fish fry mix and set aside.
- ☐ In a large skillet, heat a thin layer of oil over medium to medium-high heat. Without crowding pan, cook patties until golden brown, about 3 to 4 minutes per side.
- ☐ Serve croquettes hot with remaining remoulade sauce.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:18.9191304444527%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 659.44kcal (32.97%), Fat: 61.68g (94.89%), Saturated Fat: 9.6g (59.99%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 5.43g (1.98%), Sugar: 4.03g (4.48%), Cholesterol: 117.07mg (39.02%), Sodium: 735.02mg (31.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.48%), Vitamin K: 126.87µg (120.83%), Selenium: 36.15µg (51.64%), Vitamin B12: 2.88µg (48.08%), Vitamin B6: 0.73mg (36.74%), Vitamin B3: 6.74mg (33.69%), Vitamin B2: 0.39mg (23.16%), Phosphorus: 209.49mg (20.95%), Vitamin E: 2.95mg (19.65%), Vitamin B5: 1.71mg (17.13%), Vitamin B1: 0.21mg (13.89%), Potassium: 463.12mg (13.23%), Copper: 0.25mg (12.48%), Folate: 33.64µg (8.41%), Magnesium: 29.34mg (7.33%), Iron: 1.28mg (7.13%), Zinc: 0.83mg (5.54%), Vitamin A: 185.19IU (3.7%), Manganese: 0.07mg (3.45%), Calcium: 30.78mg (3.08%), Vitamin C: 2.15mg (2.6%), Vitamin D: 0.36µg (2.4%)