



HEALTH SCORE

77%

Everything Salmon Burgers with Scallion Sour Cream-Cream Cheese Sauce



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cream cheese softened
- ☐ 4 servings crusty kaiser rolls split toasted
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 leaf lettuce green for topping
- ☐ 1 tablespoon grill seasoning recommended: Montreal Seasoning by McCormick
- ☐ 1 teaspoon juice of lemon
- ☐ 4 servings olive oil extra-virgin for drizzling

- ☐ 1 tablespoon poppy seeds
- ☐ 4 servings onion red sliced for topping
- ☐ 24 ounce salmon fillet skinless cut into large chunks
- ☐ 3 scallions chopped
- ☐ 1 tablespoon sesame seed
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 servings vine tomato ripe sliced for topping

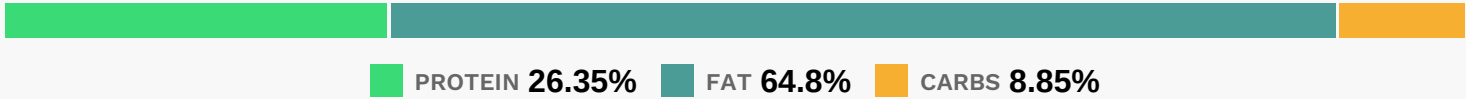
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat outdoor grill if using to medium high. Prepare hot grill with cooking spray. Indoors, use a large skillet rather than a grill pan and preheat with a drizzle of extra-virgin olive oil to medium-high heat.
- ☐ Place salmon in food processor and pulse to coarse grind meat to form burgers.
- ☐ Transfer fish to a mixing bowl and season with grill seasoning, poppy seeds, sesame seeds, and dill.
- ☐ Mix and form 4 patties.
- ☐ Drizzle the burgers with extra-virgin olive oil.
- ☐ Cook burgers 3 minutes on each side for a pink center, 4 to 5 minutes on each side for fully cooked fish.
- ☐ While burgers cook, combine in a bowl the cream cheese and the scallions and fold in sour cream and lemon juice.
- ☐ Top the burgers with lettuce, tomato, onion and sauce on crusty, toasted buns.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:2.52, Inflammation Score:-9, Nutrition Score:37.430869517119%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 587.01kcal (29.35%), Fat: 42.56g (65.47%), Saturated Fat: 12.57g (78.59%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 9.82g (3.57%), Sugar: 7.21g (8.01%), Cholesterol: 139.17mg (46.39%), Sodium: 190.82mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.93g (77.86%), Selenium: 66.99µg (95.71%), Vitamin B12: 5.53µg (92.2%), Vitamin B6: 1.61mg (80.33%), Vitamin B3: 14.73mg (73.66%), Vitamin K: 50.86µg (48.44%), Vitamin B2: 0.82mg (47.96%), Phosphorus: 474.63mg (47.46%), Vitamin A: 2277.15IU (45.54%), Potassium: 1399.75mg (39.99%), Vitamin B1: 0.51mg (34.19%), Copper: 0.68mg (33.94%), Vitamin C: 27.62mg (33.48%), Vitamin B5: 3.27mg (32.74%), Manganese: 0.54mg (26.75%), Magnesium: 94.1mg (23.53%), Vitamin E: 3.46mg (23.05%), Folate: 87.33µg (21.83%), Iron: 3.03mg (16.84%), Calcium: 165.61mg (16.56%), Zinc: 2.05mg (13.65%), Fiber: 3.26g (13.06%)