



Fresh Salmon Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 servings cream sauce sour
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 6 servings optional: lemon
- ☐ 0.3 cup milk
- ☐ 1.5 pounds salmon fillet
- ☐ 1 teaspoon salt
- ☐ 1 slice sandwich bread white

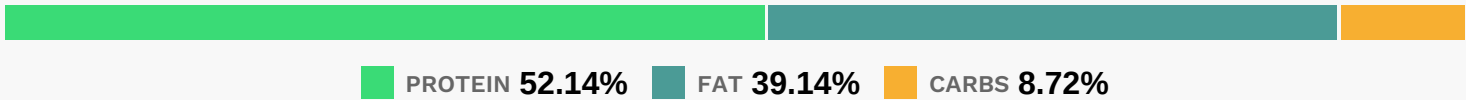
Equipment

- ☐ food processor
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Soak bread in milk until soft.
- ☐ Coarsely chop salmon, and place in a food processor. Pulse several times until roughly chopped.
- ☐ Add bread and milk, salt, and next 3 ingredients. Pulse several times until well blended.
- ☐ Form salmon mixture into 4 to 6 patties, and place on a lightly oiled plate. Cover with plastic wrap, and refrigerate until ready to cook.
- ☐ Grill burgers over medium-hot coals (or on a grill pan over medium-high heat) 3 to 5 minutes or until done.
- ☐ Serve on Lemon-scented Challah Buns with Sour Cream-Dill Sauce.

Nutrition Facts



Properties

Glycemic Index:36.21, Glycemic Load:1.77, Inflammation Score:-3, Nutrition Score:16.650869621531%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 184.68kcal (9.23%), Fat: 7.81g (12.01%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.53g (1.28%), Sugar: 1.25g (1.39%), Cholesterol: 63.6mg (21.2%), Sodium: 474.08mg (20.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.4g (46.79%), Selenium: 42.89µg (61.27%), Vitamin B12: 3.66µg (61.03%), Vitamin B6: 0.94mg (47.22%), Vitamin B3: 9.14mg (45.7%), Vitamin B2: 0.46mg (26.96%), Phosphorus: 244.98mg (24.5%), Vitamin B5: 1.97mg (19.66%), Vitamin B1: 0.29mg (19.2%), Potassium: 591.7mg (16.91%), Copper: 0.3mg (14.85%), Magnesium: 36.9mg (9.22%), Folate: 34.06µg (8.51%), Iron: 1.14mg (6.31%), Zinc: 0.83mg (5.5%), Vitamin C: 3.83mg (4.64%), Calcium: 38.63mg (3.86%), Manganese: 0.07mg (3.29%), Fiber: 0.38g (1.52%), Vitamin A: 74.77IU (1.5%)