



Fresh Salmon Burgers with Tarragon Mayonnaise

READY IN



45 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon capers drained
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup breadcrumbs dry
- ☐ 8 slices egg bread toasted
- ☐ 1 tablespoon tarragon dried fresh chopped
- ☐ 4 green onions chopped
- ☐ 1 teaspoon horseradish white prepared

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon pepper
- ☐ 8 radicchio leaves
- ☐ 1 pound salmon fillet skinless cut into 1/4-inch pieces (2 1/4 cups)
- ☐ 0.5 teaspoon salt
- ☐ 4 servings tarragon mayonaise
- ☐ 4 large tomatoes

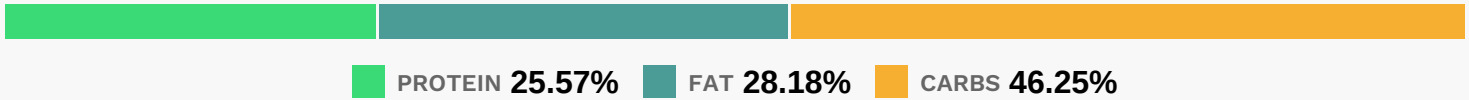
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 9 ingredients in medium bowl.
- ☐ Add 3 tablespoons mayonnaise and mix well. (Can be prepared 6 hours ahead. Cover and refrigerate.)
- ☐ Mix breadcrumbs into salmon mixture. Form into four 1-inch-thick patties. Melt butter in heavy large skillet over medium-high heat.
- ☐ Add salmon patties; cook until just firm to touch and brown and crusty, about 3 minutes per side.
- ☐ Place 1 slice of toast on each of 4 plates. Top each with burger.
- ☐ Spread burgers generously with mayonnaise. Top each with tomato slice, 2 radicchio leaves and second toast slice.
- ☐ Serve immediately, passing remaining mayonnaise separately.

Nutrition Facts



Properties

Glycemic Index:89.75, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:34.4104347229%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 564.21kcal (28.21%), Fat: 17.47g (26.88%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 60.38g (21.96%), Sugar: 3.95g (4.39%), Cholesterol: 123.95mg (41.32%), Sodium: 944.59mg (41.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.67g (71.33%), Selenium: 77.44µg (110.64%), Vitamin B3: 15.46mg (77.28%), Vitamin B12: 3.77µg (62.75%), Vitamin B2: 1.01mg (59.16%), Vitamin B1: 0.88mg (58.61%), Vitamin B6: 1.11mg (55.64%), Manganese: 0.99mg (49.27%), Folate: 176.72µg (44.18%), Phosphorus: 385.23mg (38.52%), Iron: 6.02mg (33.45%), Vitamin K: 35.1µg (33.43%), Copper: 0.55mg (27.71%), Potassium: 904.05mg (25.83%), Vitamin B5: 2.32mg (23.17%), Magnesium: 76.33mg (19.08%), Calcium: 184.58mg (18.46%), Fiber: 4.14g (16.55%), Vitamin A: 822.34IU (16.45%), Zinc: 2mg (13.37%), Vitamin C: 9.34mg (11.33%), Vitamin E: 0.65mg (4.37%), Vitamin D: 0.42µg (2.83%)