



Fresh Salmon-Cilantro Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves
- ☐ 0.3 cup breadcrumbs dry
- ☐ 3 inch cucumber english
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 6 ounce hamburger buns with sesame seeds, toasted

- ☐ 1 tablespoon jalapeno seeded chopped
- ☐ 4 leaf lettuce leaves
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1 pound salmon fillet cut into 1-inch pieces
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt

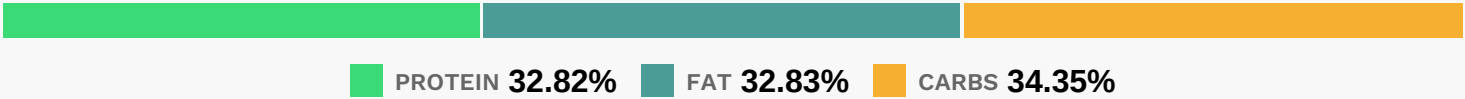
Equipment

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

Directions

- ☐ Combine first 5 ingredients in a small bowl; cover and chill.
- ☐ Place salmon in a food processor; pulse until coarsely chopped.
- ☐ Add breadcrumbs and next 6 ingredients (through 1/4 teaspoon black pepper); pulse 4 times or until well blended. Divide salmon mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 2 minutes. Carefully turn patties over; cook 2 minutes or until done.
- ☐ Spread about 1 tablespoon mayonnaise mixture over bottom half of each hamburger bun. Top each serving with 1 salmon patty, 3 cucumber slices, 1 lettuce leaf, and top half of bun.
- ☐ Combine 2 tablespoons hoisin sauce, 1 tablespoon rice vinegar, 2 teaspoons canola oil, 2 teaspoons water, and 1/4 teaspoon chile paste in a large bowl; stir well with a whisk.
- ☐ Add half of 1 (5-ounce) package baby spinach, 1/2 cup yellow bell pepper strips, and 1/4 cup thinly sliced red onion to bowl; toss to coat.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:12.85, Inflammation Score:-5, Nutrition Score:23.053043261818%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 345.49kcal (17.27%), Fat: 12.36g (19.01%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 27.72g (10.08%), Sugar: 4.47g (4.97%), Cholesterol: 64.61mg (21.54%), Sodium: 789.82mg (34.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.58%), Selenium: 55.09µg (78.7%), Vitamin B12: 3.71µg (61.91%), Vitamin B3: 11.23mg (56.15%), Vitamin B6: 0.99mg (49.37%), Vitamin B1: 0.56mg (37.43%), Vitamin B2: 0.59mg (34.92%), Phosphorus: 287.83mg (28.78%), Folate: 80.89µg (20.22%), Vitamin B5: 1.97mg (19.69%), Potassium: 664.71mg (18.99%), Copper: 0.36mg (18.06%), Manganese: 0.36mg (17.87%), Vitamin K: 18.53µg (17.64%), Iron: 2.82mg (15.65%), Magnesium: 48.7mg (12.17%), Vitamin C: 9.25mg (11.22%), Calcium: 94.14mg (9.41%), Zinc: 1.18mg (7.87%), Fiber: 1.37g (5.49%), Vitamin A: 228.85IU (4.58%), Vitamin E: 0.62mg (4.1%)