



Greek Salmon Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 oz ciabatta rolls toasted
- ☐ 0.5 cup cucumber
- ☐ 1 large egg whites
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup panko bread crumbs
- ☐ 1 pound salmon fillet skinless cut into 2-inch pieces

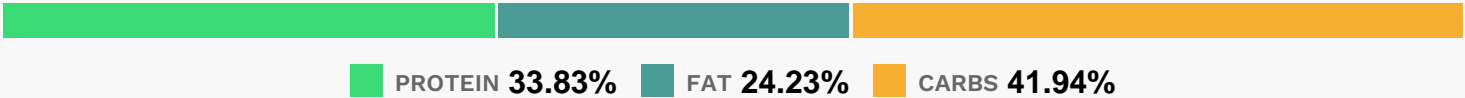
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ In the bowl of a food processor, pulse salmon, panko, and egg white until salmon is finely chopped.
- ☐ Form salmon into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are just cooked through (5–7 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:18.4999999919663%

Nutrients (% of daily need)

Calories: 384.39kcal (19.22%), Fat: 10.14g (15.61%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 38.24g (13.9%), Sugar: 0.75g (0.84%), Cholesterol: 70.71mg (23.57%), Sodium: 582.69mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.73%), Selenium: 46.36µg (66.23%), Vitamin B12: 3.8µg (63.3%), Vitamin B6: 0.99mg (49.28%), Vitamin B3: 9.52mg (47.6%), Vitamin B2: 0.58mg (34.17%), Phosphorus: 275.69mg (27.57%), Vitamin B1: 0.35mg (23.26%), Vitamin B5: 2.08mg (20.76%), Potassium: 613.88mg (17.54%), Copper: 0.32mg (16.05%), Folate: 42.05µg (10.51%), Magnesium: 41.01mg (10.25%), Calcium: 77.02mg (7.7%), Iron: 1.39mg (7.7%), Zinc: 1.14mg (7.58%), Manganese: 0.12mg (5.94%), Fiber: 1.27g (5.06%), Vitamin K: 2.07µg (1.97%), Vitamin A: 97.58IU (1.95%)