



Hoisin-Glazed Salmon Burgers with Pickled Cucumber

 Dairy Free  Very Healthy

READY IN



38 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 large egg whites
- ☐ 24 slices cucumber english thin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger fresh minced peeled

- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 6 ounce hawaiian rolls with sesame seeds, toasted
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 teaspoon lime zest grated
- ☐ 1 tablespoon soy sauce
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 pound salmon fillet wild fresh skinless finely chopped
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup water

Equipment

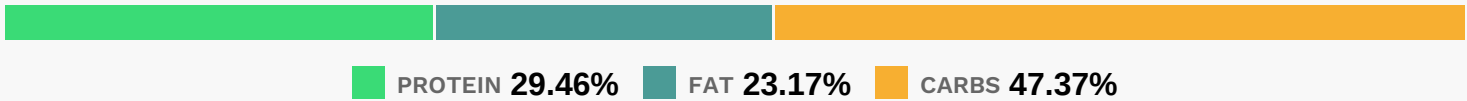
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine the first 6 ingredients in a small saucepan; bring to a boil.
- ☐ Remove from heat; add cucumber.
- ☐ Let stand 30 minutes.
- ☐ Drain.
- ☐ Combine panko and the next 7 ingredients (through egg white) in a bowl, and stir well. Divide the mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add sesame oil to pan; swirl to coat.
- ☐ Add patties; cook patties for 3 minutes on each side or until desired degree of doneness.
- ☐ Brush tops of patties evenly with hoisin; cook for 30 seconds.

Place 1 patty on bottom half of each bun; top each patty with 6 cucumber slices and top half of bun.

Nutrition Facts



Properties

Glycemic Index:82.02, Glycemic Load:13.69, Inflammation Score:-8, Nutrition Score:37.494347717451%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 443.08kcal (22.15%), Fat: 11.65g (17.92%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 48.9g (17.78%), Sugar: 16.44g (18.27%), Cholesterol: 62.49mg (20.83%), Sodium: 555.26mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.32g (66.65%), Vitamin K: 123.11µg (117.25%), Selenium: 58.62µg (83.74%), Vitamin B12: 3.72µg (62.08%), Vitamin B6: 1.24mg (61.84%), Vitamin B3: 11.97mg (59.86%), Vitamin B2: 0.86mg (50.42%), Vitamin B1: 0.74mg (49.1%), Potassium: 1615.37mg (46.15%), Manganese: 0.91mg (45.27%), Phosphorus: 447.03mg (44.7%), Vitamin B5: 3.59mg (35.9%), Magnesium: 135.04mg (33.76%), Folate: 128.69µg (32.17%), Copper: 0.63mg (31.53%), Iron: 4.77mg (26.5%), Vitamin C: 19.97mg (24.21%), Calcium: 200.66mg (20.07%), Fiber: 4.67g (18.68%), Vitamin A: 835.15IU (16.7%), Zinc: 2.49mg (16.63%), Vitamin E: 0.46mg (3.06%)