



Jammin' Salmon Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch cayenne pepper
- 2 tablespoons freshly dill leaves chopped
- 2 eggs
- 2 tablespoons grapeseed oil
- 0.5 juice of lemon juiced
- 1 teaspoon kosher salt
- 1 lemon zest
- 0.5 cup mayonnaise

- 0.5 cup panko bread crumbs
- 2 teaspoons freshly parsley leaves chopped
- 0.5 teaspoon cracked pepper black
- 13 ounce alaska and pink salmon boneless skinless drained well canned
- 0.5 teaspoon salt
- 0.5 vidalia onion diced

Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- In medium bowl, combine, parsley, onions, eggs, panko, black pepper, salt, lemon zest and Dill Mayonnaise together.
- Add drained salmon and mix well together. Make 4 patties and set aside.
- In a large skillet on medium, heat 2 tablespoons of grapeseed oil.
- Place burgers in skillet. Cook over medium heat until browned. Turn and brown other side.
- Place in oven for 3 to 4 minutes.
- Serve on buns with Dill Mayonnaise.
- Combine all the ingredients in a small bowl and set aside.

Nutrition Facts

 **PROTEIN 19.93%**  **FAT 71.71%**  **CARBS 8.36%**

Properties

Glycemic Index:53.75, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:20.077391614085%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 459.78kcal (22.99%), Fat: 36.34g (55.9%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.57g (3.12%), Sugar: 2.94g (3.27%), Cholesterol: 144.27mg (48.09%), Sodium: 1180.18mg (51.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.73g (45.45%), Selenium: 43.16µg (61.65%), Vitamin B12: 3.19µg (53.09%), Vitamin K: 47.57µg (45.31%), Vitamin B6: 0.86mg (43.11%), Vitamin B3: 7.83mg (39.15%), Vitamin B2: 0.5mg (29.27%), Phosphorus: 258.37mg (25.84%), Vitamin E: 3.2mg (21.33%), Vitamin B1: 0.31mg (20.78%), Vitamin B5: 2.01mg (20.15%), Potassium: 563.38mg (16.1%), Copper: 0.3mg (15.01%), Folate: 53.71µg (13.43%), Iron: 1.72mg (9.53%), Magnesium: 37.66mg (9.42%), Manganese: 0.16mg (8.05%), Zinc: 1.09mg (7.28%), Vitamin C: 5.63mg (6.82%), Calcium: 52.02mg (5.2%), Vitamin A: 206.66IU (4.13%), Fiber: 0.96g (3.82%), Vitamin D: 0.5µg (3.31%)