



## Jim's Salmon Patties

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 7.5 ounce salmon flaked drained canned
- 1 teaspoon mustard dry
- 2 eggs beaten
- 1.5 teaspoons juice of lemon fresh
- 2 tablespoons mayonnaise
- 1 teaspoon pepper flakes red
- 4 ounce saltines crushed
- 1.5 teaspoons worcestershire sauce

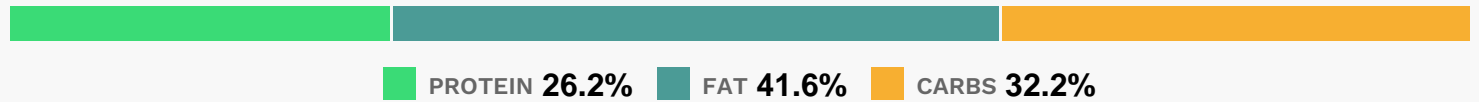
# Equipment

- bowl
- frying pan

# Directions

- Mix both amounts of salmon, crushed crackers, eggs, mayonnaise, Worcestershire sauce, lemon juice, red pepper flakes, and dry mustard together in a bowl. Chill in refrigerator to allow flavors to combine, 30 minutes. Form mixture into 6 patties.
- Heat vegetable oil in a skillet over medium heat; fry the salmon patties until golden brown, about 4 minutes per side.

# Nutrition Facts



# Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.156086957973%

# Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

# Nutrients (% of daily need)

Calories: 184.67kcal (9.23%), Fat: 8.47g (13.03%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 14.06g (5.11%), Sugar: 0.55g (0.61%), Cholesterol: 85.93mg (28.64%), Sodium: 388.34mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (24.01%), Vitamin D: 5.44µg (36.27%), Vitamin B12: 1.91µg (31.79%), Selenium: 21.32µg (30.46%), Vitamin B3: 3.92mg (19.6%), Phosphorus: 188.36mg (18.84%), Vitamin B2: 0.24mg (13.98%), Vitamin K: 12.87µg (12.26%), Calcium: 116.13mg (11.61%), Vitamin B1: 0.15mg (10.23%), Iron: 1.76mg (9.78%), Manganese: 0.19mg (9.39%), Folate: 34.87µg (8.72%), Vitamin E: 1.13mg (7.5%), Potassium: 190.15mg (5.43%), Vitamin B5: 0.53mg (5.29%), Magnesium: 19.49mg (4.87%), Zinc: 0.7mg (4.7%), Vitamin B6: 0.09mg (4.38%), Vitamin A: 205.65IU (4.11%), Copper: 0.08mg (3.77%), Fiber: 0.69g (2.76%)