



Lemon-Dill Salmon Croquettes with Horseradish Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black
- ☐ 15 ounce salmon canned
- ☐ 5 tablespoons breadcrumbs dry divided
- ☐ 1 egg whites
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.1 teaspoon ground pepper red

- ☐ 1 teaspoon horseradish prepared
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons mayonnaise light
- ☐ 3 tablespoons mayonnaise light
- ☐ 1 Dash salt
- ☐ 2 tablespoons cream fat-free sour

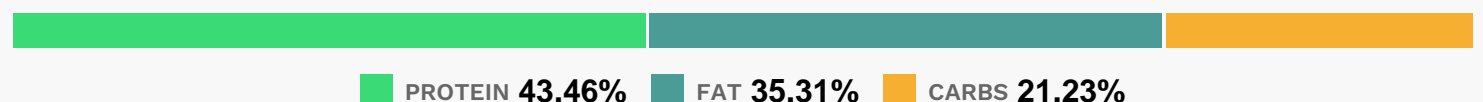
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare sauce, combine the first 6 ingredients in a small bowl; stir with a whisk. Cover and refrigerate.
- ☐ To prepare croquettes, combine flour and next 6 ingredients (through egg white) and 3 tablespoons breadcrumbs. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Refrigerate for 1 hour.
- ☐ Place remaining 2 tablespoons breadcrumbs on a plate; dredge patties in breadcrumbs.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 9 minutes on each side or until golden.
- ☐ Serve with sauce.
- ☐ Wine note: Look for a crisp American pinot grigio to serve with these croquettes. Estancia Pinot Grigio 2006 (\$1
- ☐ is bolder than most Italian versions, with acidic verve and a little fizz that smooths out the horseradish sauce. The wine's green apple flavor and citrus acidity marry well with the dish's zesty lemon and herbal notes. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:1.12, Inflammation Score:-4, Nutrition Score:22.36826094078%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 254.64kcal (12.73%), Fat: 9.95g (15.3%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 12.68g (4.61%), Sugar: 1.6g (1.78%), Cholesterol: 91.58mg (30.53%), Sodium: 677.31mg (29.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.1%), Vitamin D: 15.42µg (102.77%), Vitamin B12: 5.33µg (88.85%), Selenium: 48.11µg (68.73%), Vitamin B3: 8.85mg (44.23%), Phosphorus: 436.18mg (43.62%), Calcium: 335.82mg (33.58%), Vitamin B2: 0.32mg (18.72%), Potassium: 415.54mg (11.87%), Vitamin E: 1.78mg (11.85%), Vitamin B1: 0.17mg (11.28%), Magnesium: 42.64mg (10.66%), Vitamin K: 10.91µg (10.39%), Manganese: 0.21mg (10.33%), Iron: 1.59mg (8.83%), Zinc: 1.28mg (8.51%), Vitamin B5: 0.71mg (7.07%), Vitamin B6: 0.13mg (6.67%), Copper: 0.13mg (6.66%), Folate: 23.73µg (5.93%), Fiber: 0.78g (3.12%), Vitamin A: 132.24IU (2.64%)