

 100%
HEALTH SCORE

Lemony Salmon Burgers

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bread crumbs dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons green onion chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon olive oil
- ☐ 1.5 pounds salmon fillet cut into chunks
- ☐ 2 teaspoons seafood seasoning

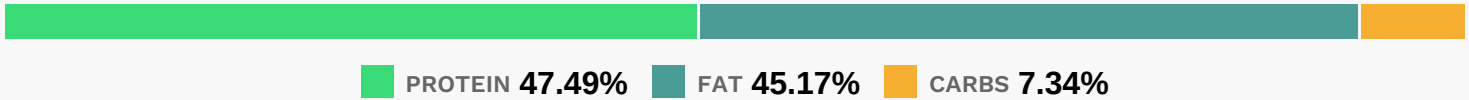
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place salmon chunks, parsley, bread crumbs, green onion, seafood seasoning, lemon juice, salt, and black pepper in a food processor. Pulse until salmon is chopped. Shape salmon mixture into four patties.
- ☐ Heat olive oil in a large skillet over medium-high heat. Pan-fry patties until golden brown, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:30.074348221654%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 299.96kcal (15%), Fat: 14.69g (22.6%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.74g (1.73%), Sugar: 0.64g (0.71%), Cholesterol: 93.55mg (31.18%), Sodium: 115.16mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.5%), Vitamin K: 98.86µg (94.16%), Selenium: 63.45µg (90.65%), Vitamin B12: 5.43µg (90.44%), Vitamin B6: 1.42mg (71.04%), Vitamin B3: 13.82mg (69.1%), Vitamin B2: 0.68mg (39.83%), Phosphorus: 354.92mg (35.49%), Vitamin B1: 0.44mg (29.55%), Vitamin B5: 2.89mg (28.91%), Potassium: 895.18mg (25.58%), Copper: 0.46mg (22.94%), Folate: 60.29µg (15.07%), Magnesium: 57.44mg (14.36%), Iron: 2.35mg (13.03%), Vitamin C: 10.24mg (12.41%), Vitamin A: 546.47IU (10.93%), Zinc: 1.26mg (8.42%), Manganese: 0.17mg (8.41%), Calcium: 49.51mg (4.95%), Vitamin E: 0.59mg (3.92%), Fiber: 0.63g (2.52%)