



Mediterranean Salmon Cakes with Cucumber Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce breadcrumbs) fresh
- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.7 cup cucumber diced
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 2 large egg whites lightly beaten
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lime
- ☐ 0.7 cup yogurt plain low-fat
- ☐ 0.3 cup olives ripe sliced
- ☐ 14.8 ounce salmon red drained canned
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil divided

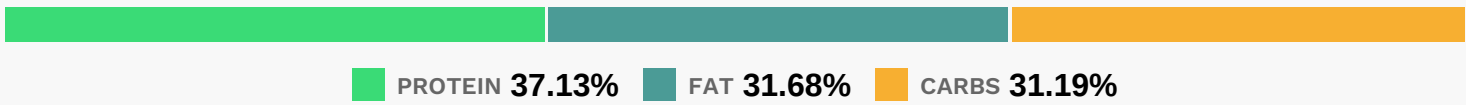
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare sauce, combine cucumber, yogurt, dill, and garlic in a small bowl.
- ☐ To prepare salmon cakes, remove bones and skin from salmon.
- ☐ Place chickpeas in a medium bowl; partially mash chickpeas with a fork. Stir in salmon, breadcrumbs, and olives.
- ☐ Combine parsley and next 5 ingredients (parsley through egg whites) in a small bowl; stir into salmon mixture. Divide mixture into 12 equal portions, shaping each into a 3/4-inch-thick patty.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 6 patties; cook 4 minutes. Carefully turn patties over, and cook 4 minutes or until golden. Repeat procedure with 1 1/2 teaspoons oil and remaining patties.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:2.78, Inflammation Score:-6, Nutrition Score:25.319130482881%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 254.05kcal (12.7%), Fat: 9.06g (13.94%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 16.01g (5.82%), Sugar: 2.96g (3.29%), Cholesterol: 59.48mg (19.83%), Sodium: 775.04mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.79%), Vitamin K: 88.13µg (83.93%), Vitamin D: 10.11µg (67.37%), Vitamin B12: 3.65µg (60.75%), Selenium: 34.65µg (49.5%), Phosphorus: 386.87mg (38.69%), Manganese: 0.73mg (36.73%), Calcium: 306.73mg (30.67%), Vitamin B3: 6.03mg (30.17%), Vitamin B6: 0.46mg (23.21%), Vitamin B2: 0.31mg (18.12%), Fiber: 4.06g (16.26%), Magnesium: 57.71mg (14.43%), Potassium: 499.64mg (14.28%), Iron: 2.42mg (13.46%), Vitamin C: 9.76mg (11.83%), Copper: 0.23mg (11.33%), Folate: 44.48µg (11.12%), Zinc: 1.65mg (10.98%), Vitamin B1: 0.16mg (10.67%), Vitamin A: 531.98IU (10.64%), Vitamin E: 1.37mg (9.12%), Vitamin B5: 0.91mg (9.08%)