



Mini Salmon Burgers

READY IN



138 min.

SERVINGS



12

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach leaves
- 15 oz salmon flaked drained canned
- 1 eggs beaten
- 1 green onion sliced
- 0.3 cup miracle whip dressing
- 3 plum tomatoes cut into 4 slices each
- 0.8 cup ritz crackers crushed finely
- 12 sandwich rolls whole wheat split mini (3 inch)
- 0.3 cup thousand island dressing kraft

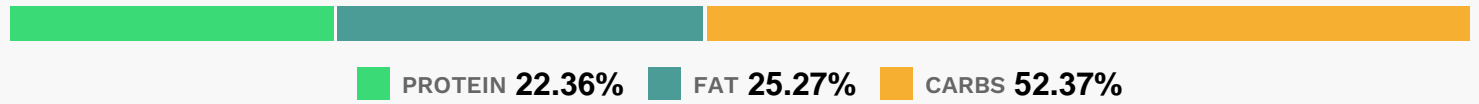
Equipment

frying pan

Directions

- Mix first 5 ingredients until well blended. Shape into 12 (3-inch) patties. Refrigerate 2 hours.
- Cook in large nonstick skillet on medium-high heat 3 to 4 min. on each side or until golden brown on both sides.
- Serve in rolls topped with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:15.702608626822%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 267.49kcal (13.37%), Fat: 7.46g (11.48%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 32.99g (12%), Sugar: 3.1g (3.45%), Cholesterol: 44.88mg (14.96%), Sodium: 578.25mg (25.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Selenium: 37.69µg (53.85%), Vitamin D: 5.21µg (34.74%), Vitamin B12: 1.79µg (29.78%), Vitamin B3: 5.37mg (26.83%), Vitamin B1: 0.38mg (25.55%), Phosphorus: 215.79mg (21.58%), Vitamin K: 21.23µg (20.22%), Vitamin B2: 0.3mg (17.72%), Folate: 67.81µg (16.95%), Manganese: 0.34mg (16.91%), Calcium: 168.21mg (16.82%), Iron: 2.57mg (14.26%), Vitamin A: 431IU (8.62%), Vitamin E: 1.21mg (8.07%), Magnesium: 32.18mg (8.04%), Fiber: 1.81g (7.23%), Potassium: 250.71mg (7.16%), Copper: 0.14mg (7.12%), Zinc: 1mg (6.69%), Vitamin B5: 0.52mg (5.19%), Vitamin B6: 0.08mg (4.18%), Vitamin C: 3.01mg (3.65%)