



## Oregon Salmon Patties

 Popular

READY IN



25 min.

SERVINGS



5

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 14.8 ounce salmon canned
- 0.7 cup cracker crumbs
- 1 teaspoon mustard dry
- 2 eggs beaten
- 0.3 cup parsley fresh chopped
- 1 medium onion chopped
- 3 tablespoons shortening

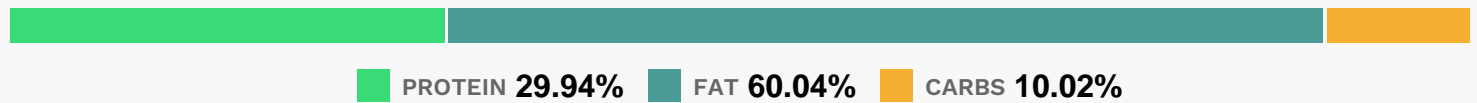
## Equipment

- bowl
- frying pan

## Directions

- Drain the salmon, reserving 3/4 cup of the liquid. Flake the meat. Melt butter in a large skillet over medium- high heat.
- Add onion, and cook until tender.
- In a medium bowl, combine the onions with the reserved salmon liquid, 1/3 of the cracker crumbs, eggs, parsley, mustard and salmon.
- Mix until well blended, then shape into six patties. Coat patties in remaining cracker crumbs.
- Melt shortening in a large skillet over medium heat. Cook patties until browned, then carefully turn and brown on the other side.

## Nutrition Facts



## Properties

Glycemic Index:21.8, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:21.4613044446925%

## Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 299.89kcal (14.99%), Fat: 20.14g (30.99%), Saturated Fat: 6.55g (40.97%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.86g (2.5%), Sugar: 1.71g (1.89%), Cholesterol: 146.93mg (48.98%), Sodium: 453.11mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.2%), Vitamin D: 12.48µg (83.19%), Vitamin B12: 4.31µg (71.76%), Selenium: 39.81µg (56.87%), Vitamin K: 57.92µg (55.17%), Phosphorus: 386.43mg (38.64%), Vitamin B3: 6.69mg (33.43%), Calcium: 270.54mg (27.05%), Vitamin B2: 0.28mg (16.61%), Vitamin E: 2.18mg (14.55%), Vitamin A: 542.63IU (10.85%), Potassium: 365.34mg (10.44%), Magnesium: 35.69mg (8.92%), Iron: 1.59mg (8.81%), Vitamin

B5: 0.87mg (8.71%), Zinc: 1.18mg (7.85%), Vitamin B6: 0.15mg (7.67%), Vitamin C: 5.65mg (6.84%), Folate: 26.93µg (6.73%), Manganese: 0.12mg (5.85%), Vitamin B1: 0.08mg (5.51%), Copper: 0.11mg (5.34%), Fiber: 0.71g (2.82%)