



Ranch Salmon Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices beefsteak tomatoes
- ☐ 8 oz brioche buns toasted
- ☐ 0.3 cup ranch dressing
- ☐ 1 recipe salmon burgers

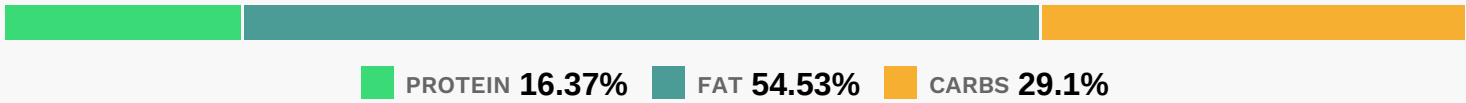
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ In the bowl of a food processor, pulse salmon, panko, and egg white until salmon is finely chopped.
- ☐ Form salmon into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are just cooked through (5-7 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:7.7808695569958%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 368.27kcal (18.41%), Fat: 22.36g (34.39%), Saturated Fat: 8.78g (54.85%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 26.82g (9.75%), Sugar: 0.73g (0.81%), Cholesterol: 124.23mg (41.41%), Sodium: 413.01mg (17.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Vitamin B12: 1.38µg (22.95%), Selenium: 16.04µg (22.91%), Vitamin K: 20.18µg (19.22%), Vitamin B6: 0.35mg (17.65%), Vitamin B3: 3.35mg (16.77%), Phosphorus: 113.14mg (11.31%), Vitamin A: 516.94IU (10.34%), Vitamin B2: 0.17mg (10.28%), Vitamin B5: 0.83mg (8.28%), Vitamin B1: 0.1mg (6.58%), Potassium: 220.22mg (6.29%), Copper: 0.11mg (5.48%), Iron: 0.95mg (5.3%), Calcium: 41.78mg (4.18%), Magnesium: 13.19mg (3.3%), Folate: 11.38µg (2.84%), Vitamin E: 0.34mg (2.26%), Zinc: 0.3mg (1.99%)