



Salmon Burger

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs asian-style
- ☐ 2 eggs mixed well
- ☐ 4 servings fries french
- ☐ 1 tablespoons grapeseed oil
- ☐ 0.3 cup rémoulade sauce
- ☐ 1 optional: lemon
- ☐ 1 cup romaine lettuce shredded
- ☐ 1.5 pounds salmon fillet fresh

- ☐ 1 teaspoon seafood seasoning
- ☐ 4 buns
- ☐ 4 slices tomatoes ripe

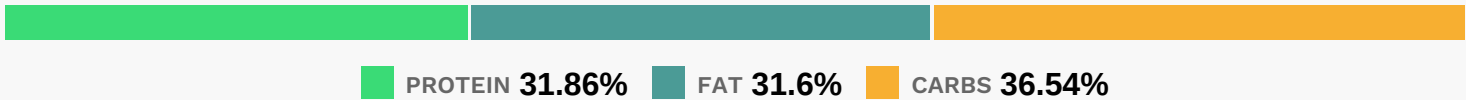
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ To prepare the cakes, fine dice the salmon and then place in a mixing bowl.
- ☐ Add the seafood seasoning and eggs and mix well. Then add a small amount of breadcrumbs if needed; the mixture should be moist but not binding together. Portion into 4 even, flat cakes, 5 inches by 1/3 inch.
- ☐ Warm a flat griddle surface until 300 degrees F, and then add oil and allow the oil to warm also. Then dust the exterior of the cakes with the remaining breadcrumbs and place on the oil. Cook on the first side, allowing to brown for 2 to 3 minutes, and then flip and repeat on the second side.
- ☐ During this time, in a bowl, blend the lettuce and dressing, mixing well. Toast the buns on the griddle.
- ☐ Once the cakes are cooked and golden brown, place on the bun on a plate and add a portion of tossed lettuce, a tomato slice and then the cake. Finish with a drizzle of lemon. Enjoy served with fries.

Nutrition Facts



Properties

Glycemic Index:63.71, Glycemic Load:23.85, Inflammation Score:-8, Nutrition Score:34.769565157268%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 567.37kcal (28.37%), Fat: 19.67g (30.25%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 51.16g (17.05%), Net Carbohydrates: 48.06g (17.48%), Sugar: 10.21g (11.34%), Cholesterol: 175.39mg (58.46%), Sodium: 682.73mg (29.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.61g (89.21%), Selenium: 72.44µg (103.48%), Vitamin B12: 5.65µg (94.2%), Iron: 13.59mg (75.48%), Vitamin B6: 1.51mg (75.27%), Vitamin B3: 14.54mg (72.72%), Vitamin B2: 0.82mg (48.29%), Phosphorus: 421.98mg (42.2%), Vitamin B1: 0.56mg (37%), Vitamin B5: 3.34mg (33.4%), Potassium: 1028.29mg (29.38%), Vitamin A: 1454.27IU (29.09%), Copper: 0.51mg (25.58%), Folate: 91.22µg (22.8%), Vitamin C: 18.6mg (22.55%), Vitamin K: 19.16µg (18.25%), Magnesium: 65.85mg (16.46%), Manganese: 0.25mg (12.55%), Fiber: 3.1g (12.4%), Zinc: 1.68mg (11.18%), Vitamin E: 1.46mg (9.72%), Calcium: 82.49mg (8.25%), Vitamin D: 0.44µg (2.93%)