



Salmon Burgers

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups breadcrumbs plain
- ☐ 4 egg whites
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 8 hawaiian rolls
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 44.3 oz salmon drained canned
- ☐ 8 servings salt and pepper

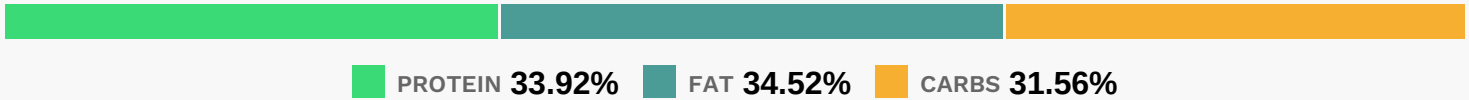
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Put salmon in a bowl; remove skin and bones. In a bowl, whisk egg whites and mayonnaise. Stir all ingredients together (except buns). Form into 8 patties, cover and chill for 1 hour. Prepare a charcoal fire or set a gas grill to medium-high. Thoroughly oil grill grate; mist burgers with cooking spray. Grill burgers until firm, 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:12.9, Inflammation Score:-5, Nutrition Score:30.103043378695%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 480.33kcal (24.02%), Fat: 17.98g (27.67%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 35.26g (12.82%), Sugar: 4.79g (5.32%), Cholesterol: 89.18mg (29.73%), Sodium: 692.98mg (30.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.76g (79.52%), Selenium: 77.21µg (110.29%), Vitamin B12: 5.17µg (86.09%), Vitamin B3: 15.49mg (77.47%), Vitamin B6: 1.34mg (67.03%), Vitamin B1: 0.79mg (52.5%), Vitamin B2: 0.87mg (51.43%), Phosphorus: 395.09mg (39.51%), Vitamin B5: 2.78mg (27.76%), Folate: 104.5µg (26.12%), Potassium: 897.98mg (25.66%), Copper: 0.5mg (24.87%), Manganese: 0.45mg (22.74%), Iron: 3.75mg (20.85%), Magnesium: 66.49mg (16.62%), Vitamin K: 14.81µg (14.11%), Calcium: 120.45mg (12.04%), Zinc: 1.63mg (10.89%), Fiber: 1.72g (6.88%), Vitamin C: 4.62mg (5.6%), Vitamin E: 0.38mg (2.51%), Vitamin A: 79.89IU (1.6%)