



Salmon Burgers

 Dairy Free

READY IN



19 min.

SERVINGS



5

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large egg whites
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup panko bread crumbs
- ☐ 1 pound salmon fillet skinless cut into 2-inch pieces

Equipment

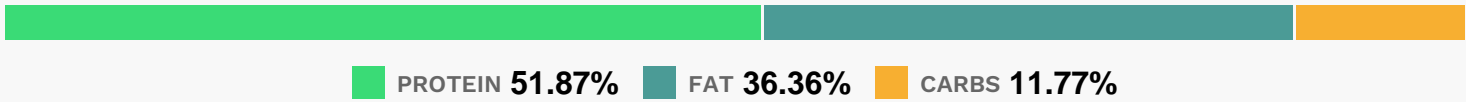
- ☐ food processor
- ☐ bowl

☐ 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:6.4, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:13.496956448516%

Nutrients (% of daily need)

Calories: 156.2kcal (7.81%), Fat: 6.08g (9.36%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 4.14g (1.5%), Sugar: 0.42g (0.47%), Cholesterol: 49.9mg (16.63%), Sodium: 102.56mg (4.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.06%), Selenium: 35.95µg (51.36%), Vitamin B12: 2.91µg (48.53%), Vitamin B3: 7.54mg (37.68%), Vitamin B6: 0.75mg (37.5%), Vitamin B2: 0.4mg (23.42%), Phosphorus: 192.49mg (19.25%), Vitamin B1: 0.26mg (17.56%), Vitamin B5: 1.56mg (15.57%), Potassium: 468.37mg (13.38%), Copper: 0.25mg (12.25%), Magnesium: 29.79mg (7.45%), Folate: 29.38µg (7.35%), Iron: 1.03mg (5.73%), Zinc: 0.67mg (4.47%), Manganese: 0.08mg (4.16%), Calcium: 22.78mg (2.28%), Fiber: 0.3g (1.18%)