



Salmon Burgers with Basil-Garlic Mayo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 garlic clove
- ☐ 1 teaspoon juice of lemon
- ☐ 4 servings lettuce
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings olive oil
- ☐ 0.3 cup onion chopped
- ☐ 4 servings onion red thinly sliced

- ☐ 1 pound salmon diced
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup scallions chopped
- ☐ 4 servings hamburger buns

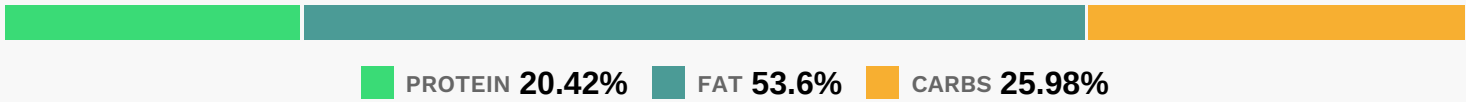
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ To make the burgers: place the salmon, onion, scallion, lemon juice, salt and peper in a food processor and process until all the ingredients are blended.Divide the salmon mixture into 4 patties.
- ☐ Place all the ingredients in a food processor or blender and blend until smooth.
- ☐ Transfer to a bowl, cover, and refrigerate until ready to serve.
- ☐ Heat a pan over medium high heat.
- ☐ Place 1 bun bottom on each plate, top with lettuce, red onion, and 1 patty.
- ☐ Spread the basil mayo on top of the patty and cover with the bun top.

Nutrition Facts



Properties

Glycemic Index:85.25, Glycemic Load:23.91, Inflammation Score:-6, Nutrition Score:25.076956373194%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin:

0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 573.82kcal (28.69%), Fat: 34.03g (52.35%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 34.58g (12.57%), Sugar: 6.82g (7.58%), Cholesterol: 68.25mg (22.75%), Sodium: 635.93mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.33%), Vitamin K: 71.92µg (68.49%), Iron: 12.21mg (67.82%), Vitamin B12: 3.62µg (60.38%), Selenium: 42.01µg (60.01%), Vitamin B6: 1mg (49.77%), Vitamin B3: 9.09mg (45.44%), Vitamin B2: 0.47mg (27.41%), Phosphorus: 255.13mg (25.51%), Potassium: 726.15mg (20.75%), Vitamin B1: 0.31mg (20.33%), Vitamin B5: 2.02mg (20.19%), Vitamin E: 2.69mg (17.91%), Copper: 0.33mg (16.31%), Folate: 62.24µg (15.56%), Vitamin A: 643.04IU (12.86%), Magnesium: 42.83mg (10.71%), Fiber: 2.53g (10.1%), Manganese: 0.19mg (9.25%), Vitamin C: 5.47mg (6.63%), Zinc: 0.95mg (6.3%), Calcium: 48.52mg (4.85%)