



 **58%**
HEALTH SCORE

Salmon Burgers with Cucumber-Dill Tartar Sauce

 Dairy Free

READY IN



23 min.

SERVINGS



3

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup cucumber seeded chopped
- 3 curly kale leaves
- 0.5 teaspoon optional: dill dried divided
- 1 teaspoon juice of lemon
- 0.5 cup panko breadcrumbs (Japanese)
- 2 tablespoons onion red chopped

- 0.8 pound salmon fillet
- 0.5 teaspoon salt
- 4.5 ounce wheat sandwich buns reduced-calorie
- 0.3 cup tartar sauce divided (such as Hellmann's)

Equipment

- food processor
- bowl
- frying pan

Directions

- Cut fillet into large chunks.
- Place fillet, 1 tablespoon tartar sauce, onion, lemon juice, 1/4 teaspoon dill, salt, and pepper in a food processor; pulse 7 times or until blended. Spoon into a bowl; stir in breadcrumbs.
- Shape fish mixture into 3 patties; cover and chill at least 1 hour.
- Combine remaining tartar sauce, remaining 1/4 teaspoon dill, and cucumber in a bowl; stir well. Cover and chill until ready to serve.
- Coat salmon patties with cooking spray.
- Place a large nonstick skillet over medium-high heat until hot.
- Add salmon patties, and cook 4 minutes on each side or until lightly browned.
- Place 1 salmon patty and 1 lettuce leaf on bottom half of each bun; top each with 2 tablespoons tartar sauce mixture and remaining bun halves.

Nutrition Facts



PROTEIN 30.46% **FAT 32.89%** **CARBS 36.65%**

Properties

Glycemic Index:24.67, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:25.516087262527%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 385.02kcal (19.25%), Fat: 13.77g (21.18%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 32.51g (11.82%), Sugar: 3.02g (3.36%), Cholesterol: 64.11mg (21.37%), Sodium: 912.96mg (39.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.37%), Selenium: 60.9µg (87.01%), Vitamin B12: 3.65µg (60.77%), Vitamin B3: 11.48mg (57.38%), Vitamin B6: 1mg (49.82%), Vitamin B1: 0.58mg (38.54%), Vitamin B2: 0.64mg (37.56%), Vitamin K: 32.83µg (31.26%), Phosphorus: 299.82mg (29.98%), Vitamin A: 1179.03IU (23.58%), Folate: 89.38µg (22.35%), Vitamin B5: 2.19mg (21.93%), Manganese: 0.41mg (20.71%), Copper: 0.4mg (20.12%), Potassium: 700.56mg (20.02%), Iron: 3.11mg (17.29%), Magnesium: 55.19mg (13.8%), Zinc: 1.37mg (9.11%), Calcium: 91.13mg (9.11%), Fiber: 2g (8.01%), Vitamin E: 0.65mg (4.3%), Vitamin C: 3.48mg (4.22%)