



Salmon Burgers with Dill Tartar Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bibb lettuce leaves
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 slices onion red
- ☐ 10 ounces salmon fillet skinless cut into 1-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 2 sesame-seed rolls split

☐ 3 tablespoons purchased tartar sauce

Equipment

☐ bowl

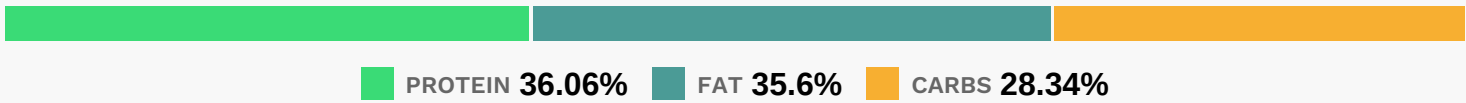
☐ whisk

☐ grill

Directions

- ☐ Place salmon fillets, 3 tablespoons tartar sauce, 1 tablespoon dill, salt, and pepper in processor. Blend using on/off turns until coarsely ground. Form into two 1/2-inch-thick patties. (Can be made 6 hours ahead. Cover and refrigerate.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk 1/2 cup tartar sauce, 1 tablespoon dill, and lemon peel in medium bowl to blend. Grill rolls until toasted.
- ☐ Transfer to 2 plates and spread bottom halves generously with sauce. Grill patties until fish is cooked through, about 2 minutes per side.
- ☐ Place burgers atop sauce on rolls. Top each with onion slices, 2 lettuce leaves, and top half of roll.
- ☐ Serve, passing remaining sauce separately.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:12.91, Inflammation Score:-8, Nutrition Score:28.356521772302%

Flavonoids

Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 375.3kcal (18.77%), Fat: 14.49g (22.3%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 24.45g (8.89%), Sugar: 4.67g (5.19%), Cholesterol: 79.54mg (26.51%), Sodium: 715.21mg (31.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.07%), Selenium: 63.74µg (91.05%), Vitamin B12: 4.6µg (76.62%), Vitamin B3: 13.07mg (65.34%), Vitamin B6: 1.23mg (61.62%), Vitamin K: 44.51µg (42.39%), Vitamin B2: 0.69mg (40.84%), Vitamin B1: 0.58mg (38.41%), Phosphorus: 342.95mg (34.3%), Folate: 100.51µg (25.13%), Vitamin B5: 2.44mg (24.37%), Potassium: 851.27mg (24.32%), Vitamin A: 1120.73IU (22.41%), Copper: 0.42mg (20.92%), Manganese: 0.38mg (19.11%), Iron: 3.1mg (17.2%), Magnesium: 57.64mg (14.41%), Calcium: 99.63mg (9.96%), Zinc: 1.33mg (8.84%), Fiber: 1.5g (6.02%), Vitamin C: 4.33mg (5.25%), Vitamin E: 0.55mg (3.69%)