



Salmon Burgers with Sour Cream-Dill Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cream sour
- ☐ 3 tablespoons salad dressing
- ☐ 0.8 teaspoon dill dried
- ☐ 1 large eggs
- ☐ 2 tablespoons milk
- ☐ 14.8 oz salmon flaked drained canned
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 cup breadcrumbs soft ()
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon vegetable oil

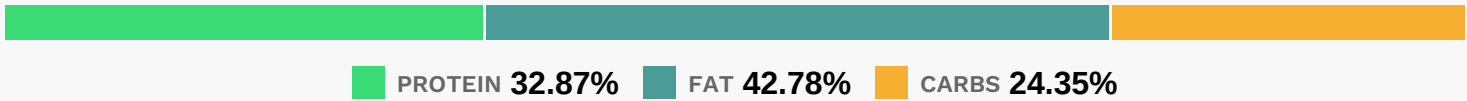
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In small bowl, stir sauce ingredients until well mixed. Cover; refrigerate until serving.
- ☐ In medium bowl, beat egg and milk with fork or wire whisk. Stir in remaining ingredients except oil. Shape mixture into 4 patties, about 4 inches in diameter.
- ☐ In 10-inch nonstick skillet, heat oil over medium heat. Cook patties in oil about 8 minutes, turning once, until golden brown.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:26.066956457884%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 367.93kcal (18.4%), Fat: 17.46g (26.85%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 21.04g (7.65%), Sugar: 3.94g (4.38%), Cholesterol: 145.48mg (48.49%), Sodium: 872.95mg (37.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.35%), Vitamin D: 15.49µg (103.27%), Vitamin B12: 5.46µg (91.02%), Selenium: 53.01µg (75.73%), Phosphorus: 491.35mg (49.13%), Vitamin B3: 9.61mg (48.03%), Calcium: 387.8mg (38.78%), Vitamin B2: 0.42mg (24.86%), Vitamin B1: 0.31mg (20.46%), Vitamin K: 20.58µg (19.6%), Manganese: 0.3mg (15.11%), Vitamin E: 2.09mg (13.95%), Iron: 2.51mg (13.92%), Potassium: 476.83mg (13.62%), Magnesium: 51.35mg (12.84%), Zinc: 1.68mg (11.17%), Folate: 42.02µg (10.5%), Vitamin B5: 1.02mg (10.24%), Vitamin B6: 0.19mg (9.39%), Copper: 0.17mg (8.63%), Vitamin A: 311.67IU (6.23%), Fiber: 1.32g (5.27%), Vitamin C: 0.87mg (1.06%)