



## Salmon Burgers with Spinach and Ginger



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 cups baby spinach coarsely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 large egg white
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 2 tablespoons pickled ginger
- ☐ 1 lb salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 3 scallions minced

- ☐ 1 tablespoon soya sauce
- ☐ 4 servings vegetable oil for brushing skillet

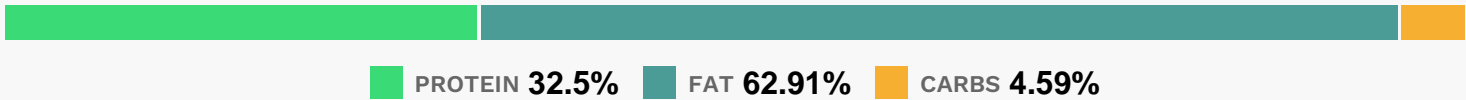
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ wax paper

## Directions

- ☐ Cut salmon into 1/4-inch dice, then stir together with spinach, scallions, ginger, salt, and pepper in a large bowl until well combined.
- ☐ Beat together egg white and soy sauce in a small bowl and stir into salmon mixture, then form into 4 (1/2-inch-thick) patties.
- ☐ Heat a 12-inch nonstick skillet over moderate heat until hot and lightly brush with oil. Cook patties, carefully turning once, until golden brown and cooked through, 6 to 7 minutes total.
- ☐ Serve each burger topped with 1 1/2 teaspoons pickled ginger.
- ☐ • Patties can be formed 4 hours ahead and chilled on a wax paper-lined baking sheet, then covered with plastic wrap.
- ☐ Each serving contains about 179 calories and 7 grams fat.
- ☐ Gourmet

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:25.842608980511%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 307.54kcal (15.38%), Fat: 21.39g (32.9%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.6g (0.66%), Cholesterol: 62.37mg (20.79%), Sodium: 480.75mg (20.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.72%), Vitamin K: 153.26µg (145.97%), Selenium: 43.43µg (62.04%), Vitamin B12: 3.61µg (60.22%), Vitamin B6: 1mg (50.08%), Vitamin B3: 9.38mg (46.9%), Vitamin A: 2245.6IU (44.91%), Vitamin B2: 0.53mg (31%), Phosphorus: 251.58mg (25.16%), Potassium: 769.11mg (21.97%), Folate: 79.94µg (19.98%), Vitamin B5: 1.96mg (19.61%), Vitamin B1: 0.28mg (18.95%), Copper: 0.35mg (17.54%), Magnesium: 59.36mg (14.84%), Manganese: 0.3mg (14.76%), Vitamin E: 1.68mg (11.18%), Vitamin C: 8.48mg (10.28%), Iron: 1.84mg (10.2%), Zinc: 0.94mg (6.23%), Calcium: 45.96mg (4.6%), Fiber: 0.98g (3.93%)