



Salmon Cake Minis with Lemon-Dill Aioli

READY IN



40 min.

SERVINGS



40

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 Tbsp butter melted
- 2 Tbsp grey poupon dijon mustard
- 1 eggs
- 1 Tbsp optional: dill fresh chopped
- 2 Tbsp parsley fresh finely chopped
- 3 cloves garlic minced
- 3 green onions sliced
- 0.3 tsp ground pepper red (cayenne)
- 1 Tbsp lemon zest divided

- 1.3 cups real mayo mayonnaise divided kraft
- 1.5 cups panko bread crumbs
- 1 lb salmon flaked cooked

Equipment

- bowl
- baking sheet
- oven
- spatula

Directions

- Heat oven to 400F.
- Mix 1/3 cup mayo and next 5 ingredients in medium bowl. Stir in 2 tsp. zest and fish. (
- Mixture will be moist.)
- Mix lemon juice, garlic, dill, and remaining mayo and lemon zest until blended. Refrigerate until ready to serve.
- Combine bread crumbs and butter in separate bowl.
- Add 1 Tbsp. fish mixture; turn to evenly coat. Shape into ball; place on baking sheet sprayed with cooking spray. Repeat with remaining fish mixture, placing balls 1 inch apart on baking sheet; flatten with spatula to 1/4-inch thickness.
- Bake 10 min. on each side or until fish cakes are golden brown on both sides.
- Serve with mayonnaise mixture.

Nutrition Facts

 PROTEIN 12.19%  FAT 79.71%  CARBS 8.1%

Properties

Glycemic Index:6.82, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.1386956520703%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 93.87kcal (4.69%), Fat: 8.29g (12.75%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.23g (0.26%), Cholesterol: 18.04mg (6.01%), Sodium: 92.69mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin K: 17.47µg (16.64%), Selenium: 5.53µg (7.9%), Vitamin B12: 0.39µg (6.51%), Vitamin B3: 1.06mg (5.29%), Vitamin B6: 0.1mg (5.13%), Vitamin B2: 0.06mg (3.6%), Vitamin B1: 0.05mg (3.42%), Phosphorus: 32.3mg (3.23%), Vitamin B5: 0.24mg (2.39%), Vitamin E: 0.32mg (2.14%), Potassium: 69.6mg (1.99%), Vitamin A: 99.62IU (1.99%), Copper: 0.04mg (1.94%), Folate: 7.17µg (1.79%), Manganese: 0.03mg (1.62%), Iron: 0.28mg (1.55%), Magnesium: 5.24mg (1.31%)