



Salmon Cakes

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon crispy crumbled cooked
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup bread crumbs
- ☐ 2 teaspoons dijon mustard
- ☐ 1 eggs
- ☐ 0.5 lemon zest
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons parmesan grated

- ☐ 1 baking potatoes with a fork boiled peeled
- ☐ 14 ounce salmon wild for large bones canned
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup vegetable oil

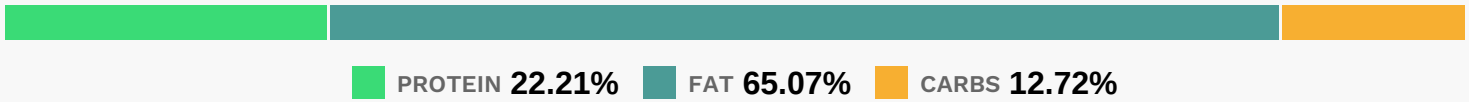
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1 tablespoon of the reserved bacon fat in a small saute pan over low heat.
- ☐ Add the onions and cook until translucent. Cool the onions for a bit.
- ☐ Mix the bacon, onion, egg, mayonnaise, mustard, sugar, and lemon zest in a bowl.
- ☐ Add the salmon and potato, mixing gently after each addition. Form the mixture into 12 small patties. In a shallow dish, combine the bread crumbs, Parmesan, and pepper, to taste. Coat the patties in the bread crumb topping.
- ☐ Heat 1/4 cup of the oil in a large saute pan over medium heat, and cook the salmon cakes in batches until golden, about 3 to 4 minutes per side.
- ☐ Add more oil, as necessary. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:80.71, Glycemic Load:8.25, Inflammation Score:-5, Nutrition Score:26.474347715792%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 523.69kcal (26.18%), Fat: 37.93g (58.36%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.31g (5.57%), Sugar: 1.96g (2.18%), Cholesterol: 144mg (48%), Sodium: 764.37mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.27%), Vitamin D: 14.72µg (98.13%), Vitamin B12: 5.15µg (85.86%), Selenium: 48.81µg (69.74%), Vitamin K: 57.48µg (54.75%), Phosphorus: 483.18mg (48.32%), Vitamin B3: 8.84mg (44.19%), Calcium: 343.95mg (34.4%), Vitamin B2: 0.32mg (19.01%), Vitamin E: 2.83mg (18.85%), Vitamin B6: 0.36mg (18.19%), Potassium: 631.45mg (18.04%), Magnesium: 53.4mg (13.35%), Vitamin B1: 0.18mg (12.28%), Manganese: 0.22mg (10.96%), Zinc: 1.62mg (10.82%), Iron: 1.94mg (10.79%), Vitamin B5: 1.07mg (10.69%), Copper: 0.18mg (8.99%), Folate: 27.58µg (6.9%), Vitamin C: 4.75mg (5.76%), Fiber: 1.38g (5.51%), Vitamin A: 169.12IU (3.38%)