



Salmon Cakes

READY IN



27 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings canola oil for frying
- ☐ 0.5 cup chili sauce
- ☐ 20 blades chives fresh snipped chopped
- ☐ 4 servings coarse salt
- ☐ 1.5 cups cracker meal
- ☐ 2 tablespoons dill pickle relish
- ☐ 2 large eggs beaten
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 1 lemon zest juiced

- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 1 teaspoon cayenne pepper sauce
- ☐ 0.5 bell pepper red seeded finely chopped
- ☐ 0.5 cup reduced fat mayonnaise
- ☐ 4 servings salad greens
- ☐ 18 ounce salmon cooked drained well canned
- ☐ 2 teaspoons old bay seasoning blend

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large, heavy skillet with 1 inch of frying oil over moderate heat.
- ☐ Flake the cooked cooled salmon with a fork.
- ☐ Add cracker meal to the bowl and work through the fish with your hands.
- ☐ Add the eggs, seasoning, pepper, chives, dill, pepper sauce, and the zest of one lemon to the bowl.
- ☐ Combine the ingredients well with your hands. If the mixture is a little wet, add a bit more cracker meal. Form 3-inch patties of salmon cakes 1-inch thick. You should yield 8 to 10 cakes. Fry cakes until golden in a single layer 3 or 4 minutes on each side.
- ☐ Drain on paper towel lined plate.
- ☐ Toss salad greens with coarse salt and the juice of the lemon you zested.
- ☐ Drizzle the greens with a little extra-virgin olive oil and re-toss the salad to coat.
- ☐ Combine mayonnaise, chili sauce and relish in a small dish. To serve, place salmon cakes on a bed of baby greens, 2 cakes per person and top with chili mayonnaise sauce.

Nutrition Facts



 PROTEIN **21.53%**  FAT **58.94%**  CARBS **19.53%**

Properties

Glycemic Index:31, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:32.784347700036%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 598.19kcal (29.91%), Fat: 39.12g (60.18%), Saturated Fat: 6.45g (40.33%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 26.86g (9.77%), Sugar: 8.32g (9.25%), Cholesterol: 167.65mg (55.88%), Sodium: 1266.59mg (55.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.31%), Selenium: 56.72µg (81.03%), Vitamin B12: 4.28µg (71.32%), Vitamin B6: 1.27mg (63.32%), Vitamin B3: 12.21mg (61.05%), Vitamin K: 58.39µg (55.61%), Vitamin C: 39.37mg (47.72%), Vitamin B2: 0.73mg (43.07%), Phosphorus: 416.87mg (41.69%), Vitamin A: 1838.55IU (36.77%), Vitamin E: 5.23mg (34.89%), Vitamin B1: 0.46mg (30.86%), Potassium: 963.13mg (27.52%), Vitamin B5: 2.72mg (27.23%), Folate: 93.41µg (23.35%), Copper: 0.46mg (23.16%), Iron: 3.76mg (20.91%), Manganese: 0.33mg (16.39%), Magnesium: 61.98mg (15.49%), Zinc: 1.57mg (10.43%), Calcium: 97.07mg (9.71%), Fiber: 2.3g (9.19%), Vitamin D: 0.5µg (3.33%)