



Salmon Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baking potatoes peeled cut into 1-inch pieces
- 1 teaspoon optional: dill dried
- 1 cup bread crumbs plain dry
- 2 large eggs
- 0.5 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 14.8 oz pink salmon flaked drained canned
- 6 servings salt and pepper
- 2 scallions light white green finely chopped

- 2 tablespoons butter unsalted
- 2 tablespoons vegetable oil

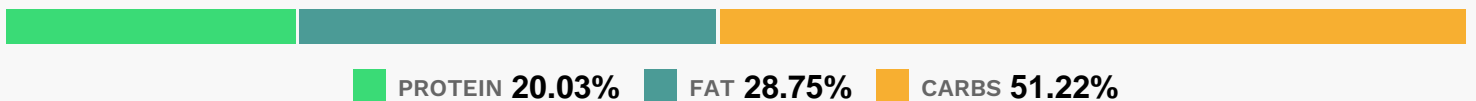
Equipment

- bowl
- frying pan
- pot

Directions

- Place potatoes in a pot, cover with water and add 1 tsp. salt. Bring to a boil over high heat, reduce heat to medium-low and simmer until potatoes are tender, about 15 minutes.
- Drain; mash with butter until smooth. Set aside to cool.
- Stir salmon, dill, parsley and scallions into potato mixture. Taste; add additional salt and pepper, if desired. Beat 1 egg; stir into potato mixture. Cover and chill for at least 30 minutes.
- Divide mixture into 6 pieces; shape into disks. Beat remaining egg.
- Place flour and bread crumbs in shallow bowls. Coat a disk with flour, dusting off excess, dip in egg, then dip into bread crumbs; pat to adhere. Repeat with remaining disks. (Cakes may be kept covered and chilled for up to 2 days.)
- Warm oil in a large skillet over medium-low heat. Working in batches, fry cakes until heated through, 7 to 8 minutes per side.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:38.05, Inflammation Score:-6, Nutrition Score:26.599565340125%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 486.46kcal (24.32%), Fat: 15.58g (23.97%), Saturated Fat: 4.59g (28.68%), Carbohydrates: 62.44g (20.81%), Net Carbohydrates: 58.25g (21.18%), Sugar: 2.71g (3.02%), Cholesterol: 110.36mg (36.79%), Sodium: 393.3mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.85%), Vitamin B6: 1.41mg (70.66%), Selenium: 39.6µg (56.57%), Vitamin B3: 9.68mg (48.42%), Vitamin B1: 0.61mg (40.65%), Vitamin B12: 2.44µg (40.59%), Potassium: 1378.07mg (39.37%), Phosphorus: 341.96mg (34.2%), Vitamin B2: 0.55mg (32.1%), Vitamin K: 33.23µg (31.65%), Manganese: 0.62mg (31.15%), Folate: 99.04µg (24.76%), Copper: 0.49mg (24.34%), Iron: 4.34mg (24.1%), Vitamin B5: 2.25mg (22.54%), Magnesium: 86.39mg (21.6%), Vitamin C: 14.65mg (17.76%), Fiber: 4.19g (16.75%), Zinc: 1.69mg (11.24%), Calcium: 89.7mg (8.97%), Vitamin A: 342.55IU (6.85%), Vitamin E: 0.72mg (4.83%), Vitamin D: 0.4µg (2.69%)