



## Salmon Cakes on Greens with Lemon-Ginger Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 servings grilled asparagus
- ☐ 2 heads bibb lettuce
- ☐ 1 teaspoon dijon mustard hot chinese
- ☐ 1 eggs lightly beaten
- ☐ 1.5 tablespoons ginger minced
- ☐ 8 servings lemon-ginger dressing
- ☐ 2 teaspoons olive oil light

- ☐ 2 pounds salmon fillet skinless finely chopped
- ☐ 1 teaspoon sesame oil toasted
- ☐ 1.5 tablespoon soya sauce

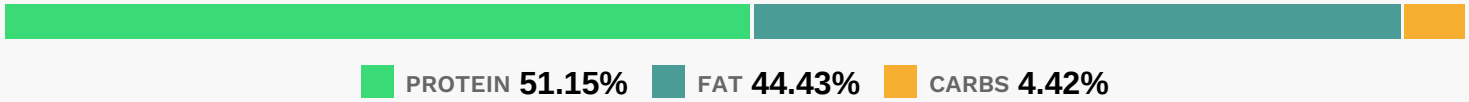
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ spatula

## Directions

- ☐ Combine first five ingredients in a large bowl.
- ☐ Add salmon, stirring until well blended.
- ☐ Heat oil in a nonstick skillet over medium heat. Scoop a heaping tablespoon of salmon mixture into hot skillet, pressing with a spatula to form patties. Saut in batches for 3 minutes on each side. Set aside or refrigerate until ready to serve.
- ☐ Combine asparagus and 1/2 cup Lemon-Ginger Dressing in a container. Marinate at least 30 minutes. Grill over medium-high heat (350 to 40
- ☐ until crisp-tender.
- ☐ Arrange asparagus on lettuce on serving plates. Top with 2 salmon patties.
- ☐ Serve with remaining dressing.

## Nutrition Facts



## Properties

Glycemic Index:14.94, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:20.902608570845%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin:

0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 193.13kcal (9.66%), Fat: 9.36g (14.4%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.69g (0.76%), Cholesterol: 82.83mg (27.61%), Sodium: 255.5mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.49%), Selenium: 43.62µg (62.32%), Vitamin B12: 3.65µg (60.92%), Vitamin B6: 0.99mg (49.31%), Vitamin B3: 9.23mg (46.13%), Vitamin K: 42.8µg (40.76%), Vitamin B2: 0.49mg (28.83%), Vitamin A: 1434.24IU (28.68%), Phosphorus: 258.28mg (25.83%), Vitamin B5: 2.07mg (20.66%), Potassium: 685.46mg (19.58%), Vitamin B1: 0.29mg (19.3%), Folate: 62.77µg (15.69%), Copper: 0.31mg (15.32%), Magnesium: 41.76mg (10.44%), Iron: 1.68mg (9.31%), Vitamin C: 5.34mg (6.47%), Zinc: 0.91mg (6.07%), Manganese: 0.12mg (5.94%), Calcium: 34.3mg (3.43%), Fiber: 0.75g (2.98%), Vitamin E: 0.31mg (2.06%)