



Salmon Cakes with Dill Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumbers sliced
- ☐ 4 large egg whites divided
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 4 teaspoons pickled ginger
- ☐ 2 cups salmon leftover
- ☐ 1.3 cups wheat berries leftover
- ☐ 0.5 cup breadcrumbs whole-wheat

☐ 1 cup yogurt 2% greek-style

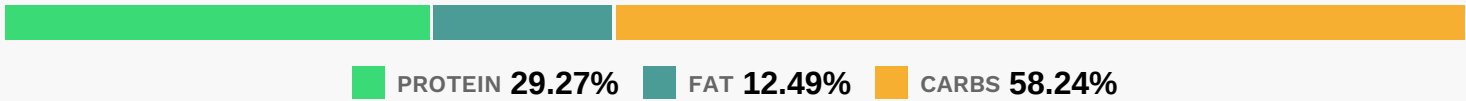
Equipment

- ☐ oven
- ☐ broiler

Directions

- ☐ Mix salmon, wheat berries, whole-wheat breadcrumbs, and 3 egg whites. Form into 8 patties; chill for 15 minutes. Dip cakes in remaining egg white and dredge in panko.
- ☐ Preheat oven to 42
- ☐ Combine yogurt, dill, and lemon juice; set aside.
- ☐ Bake salmon cakes in middle of oven for 15 minutes or until heated through and tops are golden. Preheat broiler; brown tops of cakes for 1020 seconds.
- ☐ Serve with cucumbers, pickled ginger, and dill sauce.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:17.981304567793%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 446.25kcal (22.31%), Fat: 6.4g (9.84%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 56.64g (20.6%), Sugar: 3.43g (3.81%), Cholesterol: 39.9mg (13.3%), Sodium: 259.86mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.72g (67.45%), Selenium: 39.26µg (56.09%), Vitamin B12: 2.58µg (43.02%), Fiber: 10.48g (41.9%), Vitamin B2: 0.6mg (35.54%), Vitamin B3: 6.32mg (31.62%), Vitamin B6: 0.63mg (31.36%), Iron: 4.36mg (24.21%), Phosphorus: 234.94mg (23.49%), Vitamin B1: 0.28mg (18.92%), Potassium:

548.44mg (15.67%), Vitamin B5: 1.49mg (14.88%), Calcium: 123.79mg (12.38%), Copper: 0.24mg (12.14%), Folate: 41.89µg (10.47%), Magnesium: 39.67mg (9.92%), Manganese: 0.18mg (9.18%), Vitamin C: 7.43mg (9.01%), Zinc: 0.95mg (6.31%), Vitamin A: 268.11IU (5.36%), Vitamin K: 1.94µg (1.85%)