

 56%
HEALTH SCORE

Salmon Cakes with Greens

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup breadcrumbs plain
- ☐ 0.5 cup lowfat buttermilk
- ☐ 5 tablespoons capers drained
- ☐ 2 teaspoons dijon mustard divided
- ☐ 2 egg whites
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1.5 teaspoon juice of lemon fresh
- ☐ 8 cups greens mixed

- ☐ 2 teaspoon olive oil
- ☐ 1 pound salmon fillet skinless finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots chopped

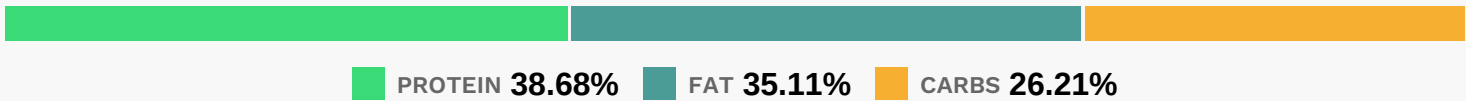
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mayonnaise, 1 tablespoon shallots, 1 teaspoon mustard, buttermilk and juice in a bowl; set aside.
- ☐ Combine salmon, egg whites, remaining 1/4 cup shallots, capers, breadcrumbs, remaining 1 tsp mustard, salt and pepper in another bowl; mix well; shape into eight 3-inch-round patties.
- ☐ Heat oil in a large nonstick skillet over medium heat. Cook salmon cakes until bottom is golden, about 6 minutes; flip and cook until golden, 5 minutes more. Toss greens with half the buttermilk mixture; divide salad among 4 plates; top each with 2 salmon cakes.
- ☐ Serve with remaining dressing on the side.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:24.441739040872%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 13.13mg, Kaempferol: 13.13mg, Kaempferol: 13.13mg, Kaempferol: 13.13mg Quercetin: 17.26mg, Quercetin: 17.26mg, Quercetin: 17.26mg, Quercetin: 17.26mg

Nutrients (% of daily need)

Calories: 298.56kcal (14.93%), Fat: 11.56g (17.79%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 17.6g (6.4%), Sugar: 5.18g (5.76%), Cholesterol: 66.97mg (22.32%), Sodium: 791.28mg (34.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.66g (57.32%), Selenium: 50.42µg (72.03%), Vitamin B12: 3.8µg (63.41%), Vitamin B6: 1.08mg (53.79%), Vitamin B3: 10.4mg (52.02%), Vitamin B2: 0.66mg (39.05%), Phosphorus: 321.66mg (32.17%), Vitamin B1: 0.44mg (29.43%), Vitamin C: 20.91mg (25.34%), Potassium: 852.52mg (24.36%), Vitamin B5: 2.26mg (22.57%), Copper: 0.43mg (21.3%), Folate: 82.39µg (20.6%), Vitamin A: 1020.62IU (20.41%), Manganese: 0.34mg (17.19%), Magnesium: 60.36mg (15.09%), Iron: 2.51mg (13.95%), Calcium: 96.95mg (9.7%), Zinc: 1.33mg (8.83%), Vitamin K: 8.57µg (8.16%), Fiber: 1.82g (7.28%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.39µg (2.6%)