

Salmon Cakes with Lemon Yogurt Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 2 tablespoons chives divided chopped
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 servings lemon wedges
- ☐ 1.5 teaspoon lemon zest divided grated
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 2 6-inch sandwich bread white firm ()
- ☐ 1 pound salmon fillet skinless cut into 1/2-inch pieces
- ☐ 0.8 cup yogurt plain

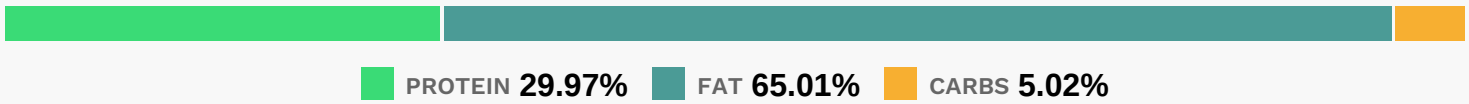
Equipment

- ☐ frying pan

Directions

- ☐ Mix together salmon, pita, mayonnaise, egg, coriander, cayenne, 1 tablespoon chives, 1 teaspoon zest, and 1/2 teaspoon salt. Season with black pepper and form into 4 cakes (4 inches in diameter).
- ☐ Heat oil in a 12-inch heavy nonstick skillet over medium-high heat until it shimmers. Cook salmon cakes, turning over once, until golden and just cooked through, 6 to 7 minutes total.
- ☐ Stir together yogurt, lemon juice, 1/4 teaspoon salt, remaining tablespoon chives, and remaining 1/2 teaspoon zest.
- ☐ Serve salmon cakes with sauce.
- ☐ Serve with: Moroccan eggplant salad; sliced tomatoes drizzled with fruity olive oil; or celery and potato salad (serve in place of the yogurt sauce)

Nutrition Facts



Properties

Glycemic Index:56.82, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:20.929999989012%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 365.57kcal (18.28%), Fat: 26.04g (40.06%), Saturated Fat: 4.18g (26.09%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 4.22g (1.53%), Sugar: 3.81g (4.23%), Cholesterol: 115.67mg (38.56%), Sodium: 194.69mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.02%), Selenium: 47.42µg (67.74%), Vitamin B12: 4.01µg (66.91%), Vitamin B6: 0.98mg (49.13%), Vitamin B3: 9.03mg (45.17%), Vitamin B2: 0.6mg (35.53%), Phosphorus: 329.78mg (32.98%), Vitamin K: 30.46µg (29.01%), Vitamin B5: 2.41mg (24.11%), Potassium: 707.49mg (20.21%), Vitamin B1: 0.29mg (19.37%), Copper: 0.31mg (15.46%), Calcium: 118.95mg (11.89%), Magnesium: 45.3mg (11.33%), Vitamin E: 1.65mg (10.97%), Folate: 43.16µg (10.79%), Zinc: 1.38mg (9.23%), Iron: 1.34mg (7.45%), Vitamin A: 243.16IU (4.86%), Vitamin C: 3.41mg (4.14%), Manganese: 0.04mg (2.06%), Vitamin D: 0.28µg (1.85%), Fiber: 0.3g (1.2%)