



Salmon Cakes with Tarragon-Chive Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 servings accompaniment:tarragon-chive dipping sauce
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread crumbs fresh fine
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 36 servings garnish: lime wedges
- ☐ 1 teaspoon lime zest freshly grated

- ☐ 1.5 pounds salmon fillet boneless skinless
- ☐ 0.5 teaspoon salt

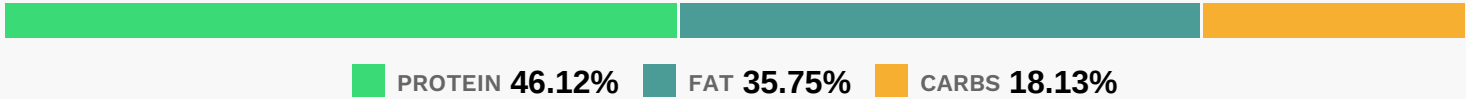
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Pat salmon dry and with a sharp knife cut into roughly 1/3-inch cubes. In a medium bowl lightly beat egg and gently stir in salmon and remaining ingredients until just combined.
- ☐ Heat a 12-inch nonstick skillet over moderate heat and, working in batches, drop 2-tablespoon measures of salmon mixture about 1 inch apart into skillet. Cook cakes until undersides are golden, about 1 minute. Turn cakes over and cook until just cooked through, about 1 minute more.
- ☐ Transfer cakes as cooked to a platter. Salmon cakes may be made 1 day ahead and chilled, covered. Bring cakes to room temperature before serving.
- ☐ Garnish cakes with lime wedges and serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.0221739210512%

Flavonoids

Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 37.06kcal (1.85%), Fat: 1.43g (2.2%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.45g (0.5%), Cholesterol: 15.56mg (5.19%), Sodium: 68.47mg (2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Selenium: 7.86µg (11.23%), Vitamin B12: 0.62µg (10.31%), Vitamin B6: 0.16mg (8.01%), Vitamin B3: 1.6mg (7.98%), Vitamin B2: 0.09mg (5.02%), Phosphorus:

43.88mg (4.39%), Vitamin B1: 0.06mg (3.94%), Vitamin B5: 0.35mg (3.49%), Potassium: 101.59mg (2.9%), Copper: 0.05mg (2.7%), Folate: 7.12µg (1.78%), Magnesium: 6.7mg (1.67%), Iron: 0.27mg (1.49%), Zinc: 0.17mg (1.11%), Manganese: 0.02mg (1.06%)