



Salmon Croquettes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 1 teaspoon capers finely chopped
- 2.5 teaspoons dijon mustard divided
- 1 large eggs lightly beaten
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon garlic minced
- 0.5 teaspoon garlic powder
- 0.3 cup green onions finely chopped

- 0.1 teaspoon ground pepper red
- 4 teaspoons juice of lemon fresh divided
- 0.3 cup canola mayonnaise organic divided (such as Spectrum)
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 2 tablespoons bell pepper red minced
- 12 ounce pink salmon boneless skinless
- 0.1 teaspoon salt
- 0.3 teaspoon salt

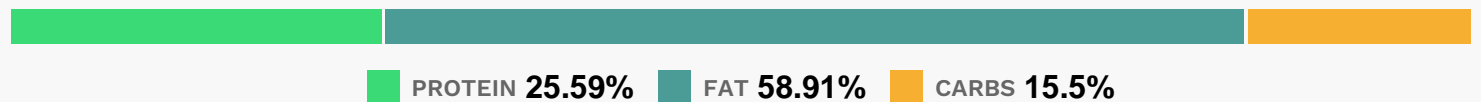
Equipment

- frying pan

Directions

- Combine 2 tablespoons mayonnaise, 1 tablespoon juice, 1 1/2 teaspoons mustard, and next 7 ingredients (through egg), stirring well.
- Add panko; toss. Shape mixture into 8 (3-inch) patties.
- Heat oil in a large skillet over medium heat.
- Add patties; cook 5 minutes on each side or until browned.
- Combine remaining mayonnaise, juice, and mustard with parsley, capers, garlic, and salt, stirring well.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:19.574347895125%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 332.72kcal (16.64%), Fat: 21.52g (33.11%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.54g (4.2%), Sugar: 1.6g (1.77%), Cholesterol: 99.16mg (33.05%), Sodium: 522.21mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.06%), Selenium: 40.25µg (57.5%), Vitamin K: 56.14µg (53.46%), Vitamin B12: 2.89µg (48.08%), Vitamin B3: 7.82mg (39.09%), Vitamin B6: 0.77mg (38.57%), Vitamin B2: 0.46mg (26.96%), Vitamin B1: 0.36mg (24.02%), Phosphorus: 232.77mg (23.28%), Vitamin B5: 1.76mg (17.58%), Potassium: 516.11mg (14.75%), Copper: 0.28mg (13.93%), Folate: 53.13µg (13.28%), Vitamin C: 10.6mg (12.84%), Iron: 1.92mg (10.69%), Manganese: 0.2mg (9.93%), Magnesium: 37.51mg (9.38%), Vitamin E: 1.37mg (9.16%), Vitamin A: 432.01IU (8.64%), Zinc: 1.03mg (6.88%), Calcium: 55.65mg (5.57%), Fiber: 1.19g (4.77%), Vitamin D: 0.28µg (1.85%)