



Salmon Croquettes with Rémoulade

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 teaspoons butter
- ☐ 1 teaspoon capers
- ☐ 2.3 cups carrots grated
- ☐ 0.5 cup celery chopped
- ☐ 0.3 teaspoon tarragon dried
- ☐ 2 large egg whites
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 teaspoons parsley fresh chopped

- ☐ 2 teaspoons spring onion chopped
- ☐ 1.5 tablespoons mayonnaise low-fat
- ☐ 0.5 cup onion chopped
- ☐ 1 Dash hot sauce hot
- ☐ 12 ounce salmon boneless skinless drained canned (such as Bumble Bee)
- ☐ 1 cup saltines divided crushed (15 crackers)
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons dijon mustard
- ☐ 4 servings frangelico
- ☐ 4 servings frangelico

Equipment

- ☐ bowl
- ☐ frying pan

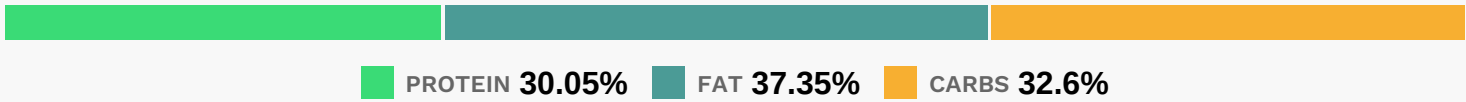
Directions

- ☐ To prepare rmoulade, combine first 9 ingredients in a bowl; cover and chill.
- ☐ To prepare croquettes, combine 1/3 cup yogurt, 1 tablespoon mustard, and egg whites in a bowl. Set aside.
- ☐ Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1/2 cup onion and celery; cook 4 minutes or until tender. Cool slightly.
- ☐ Combine onion mixture, yogurt mixture, 1/2 cup crackers, 1/4 teaspoon dried tarragon, 1/8 teaspoon pepper, and salmon in a bowl; toss gently. Cover and chill 10 minutes. Divide salmon mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Coat patties evenly with remaining 1/2 cup crackers. Cover and chill 20 minutes.
- ☐ Combine carrot and 1/4 cup rmoulade in a bowl (reserve remaining sauce); toss gently to coat.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add patties; reduce heat to medium. Cook 4 minutes on each side or until lightly browned.
- ☐ Serve croquettes with carrot salad and remaining sauce.

☐

Garnish with fresh tarragon, if desired.

Nutrition Facts



Properties

Glycemic Index:96.46, Glycemic Load:2.84, Inflammation Score:-10, Nutrition Score:24.59043475856%

Flavonoids

Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 306.36kcal (15.32%), Fat: 12.63g (19.43%), Saturated Fat: 3.96g (24.72%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 21.42g (7.79%), Sugar: 6.65g (7.38%), Cholesterol: 58.78mg (19.59%), Sodium: 464.89mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.74%), Vitamin A: 12274.6IU (245.49%), Selenium: 39.43µg (56.34%), Vitamin B12: 2.87µg (47.8%), Vitamin B3: 8.68mg (43.42%), Vitamin B6: 0.86mg (43.18%), Vitamin B2: 0.59mg (34.83%), Phosphorus: 266.19mg (26.62%), Vitamin B1: 0.4mg (26.56%), Potassium: 834.8mg (23.85%), Vitamin K: 24.15µg (23%), Vitamin B5: 1.94mg (19.42%), Folate: 71.83µg (17.96%), Manganese: 0.35mg (17.56%), Copper: 0.3mg (14.93%), Fiber: 3.39g (13.54%), Magnesium: 50.55mg (12.64%), Iron: 2.15mg (11.95%), Calcium: 96.87mg (9.69%), Vitamin C: 6.69mg (8.1%), Zinc: 1.15mg (7.67%), Vitamin E: 0.98mg (6.52%)