



Salmon & horseradish burgers

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g salmon fillet skinless
- ☐ 1 tbsp creamed horseradish
- ☐ 1 lemon zest
- ☐ 1 small handful optional: dill chopped
- ☐ 1 tbsp vegetable oil
- ☐ 4 tbsp mayonnaise
- ☐ 4 poppy seed rolls split
- ☐ 85 g watercress

- ☐ 25 g cucumber sliced
- ☐ 4 radishes thinly sliced

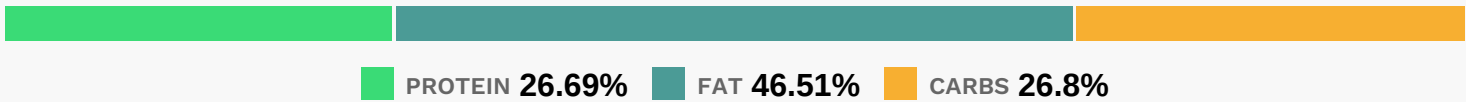
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Put the salmon, horseradish, lemon zest and half the dill in a food processor, season and blitz to a fine paste.
- ☐ Shape the mixture into 4 burgers.
- ☐ Heat the oil in a large frying pan and cook the burgers for 4 mins on each side until golden.
- ☐ Meanwhile, mix the remaining dill with the mayonnaise and spread a little onto the base of each roll. Toss the watercress in the lemon juice and put a handful on each roll base. Top with a burger and finish with slices of cucumber and radish. Replace roll tops to serve, if you like, or serve them alongside.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:29.482608409032%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 474.75kcal (23.74%), Fat: 24.17g (37.18%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 29.53g (10.74%), Sugar: 1.65g (1.84%), Cholesterol: 74.55mg (24.85%), Sodium: 479.1mg (20.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.41%), Selenium: 68.57µg (97.95%), Vitamin K: 82.76µg (78.82%), Vitamin B12: 3.99µg (66.53%), Vitamin B3: 12.32mg (61.61%), Vitamin B6: 1.08mg (54.14%),

Vitamin B2: 0.7mg (41.21%), Vitamin B1: 0.58mg (38.62%), Phosphorus: 326.27mg (32.63%), Vitamin B5: 2.43mg (24.34%), Folate: 92.58µg (23.15%), Potassium: 778.23mg (22.24%), Copper: 0.43mg (21.74%), Manganese: 0.35mg (17.51%), Iron: 3.01mg (16.74%), Vitamin C: 13.01mg (15.77%), Vitamin A: 761.96IU (15.24%), Magnesium: 58.77mg (14.69%), Calcium: 102.26mg (10.23%), Zinc: 1.44mg (9.59%), Vitamin E: 1.19mg (7.92%), Fiber: 1.81g (7.25%)