



Salmon Patties

READY IN



27 min.

SERVINGS



27

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.7 oz salmon drained canned
- 2 green onions sliced
- 1 Tbsp juice of lemon
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup real mayo mayonnaise kraft
- 6 oz stove top stuffing mix for chicken
- 0.8 cup water

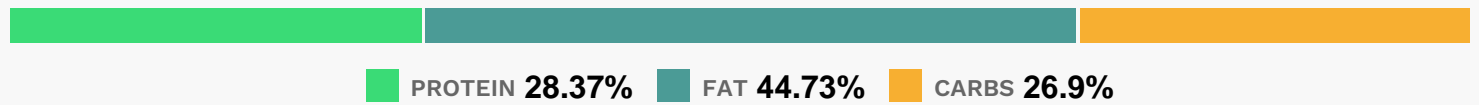
Equipment

frying pan

Directions

- Mix all ingredients. Shape into 12 patties, using about 1/3 cup stuffing mixture for each patty. Refrigerate 10 min.
- Heat large nonstick skillet on medium heat.
- Add patties to skillet in batches.
- Cook 6 min. or until golden brown on both sides, turning carefully after 3 min.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.4717391249926%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 75.37kcal (3.77%), Fat: 3.72g (5.72%), Saturated Fat: 0.94g (5.84%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.62g (0.69%), Cholesterol: 16.69mg (5.56%), Sodium: 191.03mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin D: 2.26µg (15.04%), Selenium: 9.79µg (13.98%), Vitamin B12: 0.8µg (13.38%), Phosphorus: 87.54mg (8.75%), Calcium: 83.32mg (8.33%), Vitamin B3: 1.52mg (7.58%), Vitamin K: 6.5µg (6.19%), Vitamin B2: 0.07mg (4.15%), Folate: 12.39µg (3.1%), Vitamin B1: 0.04mg (2.89%), Manganese: 0.04mg (2.22%), Zinc: 0.33mg (2.2%), Magnesium: 8.72mg (2.18%), Vitamin E: 0.32mg (2.16%), Iron: 0.39mg (2.15%), Potassium: 73.96mg (2.11%), Copper: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.12mg (1.21%)