



Salmon Patties

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs soft (2 slices bread)
- 0.5 cup baking mix bisquick heart smart®
- 1 tablespoon dijon mustard
- 0.3 teaspoon pepper
- 0.5 cup spring onion finely chopped
- 2 eggs slightly beaten
- 14.8 oz salmon red flaked drained canned
- 2 tablespoons butter

- 4 hamburger buns whole wheat split
- 1 serving romaine leaves
- 4 tablespoons gorgonzola dip

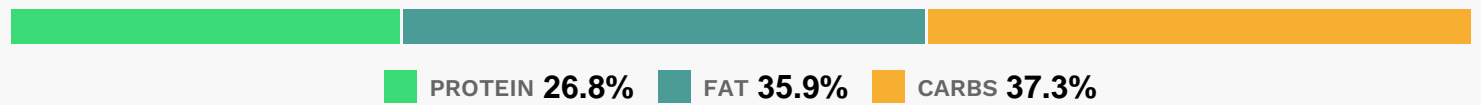
Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix all ingredients except margarine, buns, lettuce and dill dip. Shape mixture into 4 patties, using heaping 1/2 cupfuls for each patty.
- In 10-inch nonstick skillet, melt margarine over medium heat. Cook patties in margarine over medium heat 10 to 12 minutes, turning once, until brown and cooked through.
- Fill buns with lettuce, salmon patties and dill dip.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:35.67217399763%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 552.75kcal (27.64%), Fat: 22.07g (33.96%), Saturated Fat: 5.6g (35.02%), Carbohydrates: 51.6g (17.2%), Net Carbohydrates: 47.78g (17.37%), Sugar: 7.72g (8.58%), Cholesterol: 168.91mg (56.3%), Sodium: 1220.64mg (53.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.14%), Vitamin D: 15.6µg (103.99%), Selenium: 71.68µg (102.4%), Vitamin B12: 5.53µg (92.25%), Phosphorus: 639.18mg (63.92%), Vitamin B3: 12.36mg (61.8%), Calcium: 463.35mg (46.34%), Manganese: 0.86mg (43.2%), Vitamin B1: 0.61mg (40.9%), Vitamin B2: 0.65mg (38.05%), Folate: 122.75µg (30.69%), Vitamin K: 30.46µg (29.01%), Iron: 5mg (27.77%), Vitamin A: 1009.95IU (20.2%), Magnesium: 76.76mg (19.19%), Potassium: 584.21mg (16.69%), Zinc: 2.33mg (15.52%), Copper: 0.31mg (15.28%), Fiber: 3.82g (15.27%), Vitamin B5: 1.46mg (14.57%), Vitamin E: 1.96mg (13.07%), Vitamin B6: 0.25mg (12.49%), Vitamin C: 3.5mg (4.25%)