



Salmon Patties



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.8 ounce salmon flaked undrained canned
- ☐ 1 slice bread shredded
- ☐ 3 tablespoons green onion chopped
- ☐ 1 medium garlic clove minced
- ☐ 1 tablespoon dill weed dried fresh chopped
- ☐ 3 tablespoons bell pepper green minced
- ☐ 1 tablespoon flour
- ☐ 1 eggs

- ☐ 0.5 teaspoon paprika sweet
- ☐ 1 teaspoon lemon zest
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 4 servings several turns of pepper black freshly ground
- ☐ 3 tablespoons olive oil extra virgin

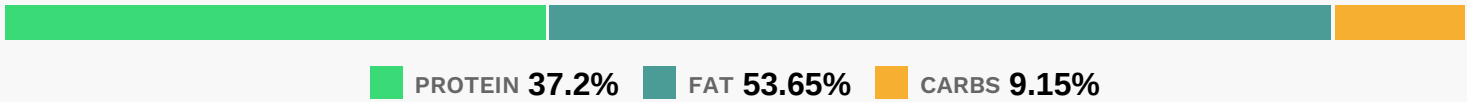
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix patty ingredients: In a large bowl, gently mix together the salmon, bread, green onion, garlic, dill, bell pepper, flour, egg, paprika, lemon zest, lemon juice, salt and pepper.
- ☐ Form into 8 patties, each about 1/2 inch thick.
- ☐ Brown in skillet:
- ☐ Heat olive oil over medium high heat in a large skillet. Cook the patties until nicely browned on both sides, about 3–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:3, Inflammation Score:-5, Nutrition Score:23.461304239605%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 286.41kcal (14.32%), Fat: 17.23g (26.51%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.75g (2.09%), Sugar: 0.84g (0.93%), Cholesterol: 127.69mg (42.56%), Sodium: 740.82mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.88g (53.76%), Vitamin D: 15.38µg (102.52%), Vitamin B12: 5.27µg (87.88%), Selenium: 47.48µg (67.83%), Phosphorus: 438.52mg (43.85%), Vitamin B3: 8.37mg (41.85%), Calcium: 331.83mg (33.18%), Vitamin E: 3.11mg (20.73%), Vitamin B2: 0.3mg (17.7%), Vitamin K: 17.02µg (16.21%), Potassium: 438.18mg (12.52%), Magnesium: 44.07mg (11.02%), Iron: 1.94mg (10.75%), Vitamin C: 8.69mg (10.54%), Manganese: 0.21mg (10.37%), Vitamin B6: 0.19mg (9.26%), Zinc: 1.31mg (8.71%), Vitamin B5: 0.85mg (8.5%), Vitamin A: 366.19IU (7.32%), Copper: 0.13mg (6.26%), Vitamin B1: 0.09mg (5.94%), Folate: 23.04µg (5.76%), Fiber: 0.86g (3.43%)