



Salmon Patties (Cooking for 2)

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs soft (1 slice bread)
- ☐ 0.3 cup baking mix bisquick heart smart®
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup spring onion finely chopped
- ☐ 1 eggs slightly beaten
- ☐ 7.5 oz salmon red flaked drained canned
- ☐ 1 tablespoon butter

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

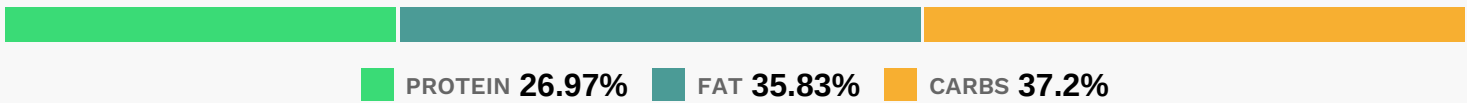
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, mix all ingredients except margarine, buns, lettuce and dill dip. Shape mixture into 2 patties, using heaping 1/2 cupfuls for each patty.
- ☐ In 8-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:48, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:36.497391597084%

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: 556.1kcal (27.81%), Fat: 22.16g (34.09%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 47.9g (17.42%), Sugar: 7.78g (8.65%), Cholesterol: 170.38mg (56.79%), Sodium: 1229.07mg (53.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.54g (75.08%), Vitamin D: 15.86µg (105.7%), Selenium: 72.41µg (103.45%), Vitamin B12: 5.62µg (93.71%), Phosphorus: 647.64mg (64.76%), Vitamin B3: 12.51mg (62.57%), Calcium: 470.53mg (47.05%), Manganese: 0.88mg (44.13%), Vitamin B1: 0.62mg (41.33%), Vitamin B2: 0.66mg (38.61%), Folate: 125.1µg (31.27%), Vitamin A: 1455.34IU (29.11%), Vitamin K: 30.46µg (29.01%), Iron: 5.07mg (28.14%), Magnesium: 78.1mg (19.53%), Potassium: 601.75mg (17.19%), Zinc: 2.36mg (15.71%), Fiber: 3.88g (15.51%), Copper: 0.31mg (15.35%), Vitamin B5: 1.47mg (14.67%), Vitamin E: 2mg (13.34%), Vitamin B6: 0.26mg (12.89%), Vitamin C: 4.58mg (5.56%)