



WHATSheATE



## Salmon Patties (Cooking for 2)

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup breadcrumbs soft ( 1 slice bread)
- ☐ 2 hamburger buns whole wheat split
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 eggs slightly beaten
- ☐ 0.3 cup spring onion finely chopped
- ☐ 2 servings romaine leaves
- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon pepper

- ☐ 2 tablespoons ranch dressing
- ☐ 7.5 oz salmon red flaked drained canned
- ☐ 0.3 cup baking mix bisquick heart smart®

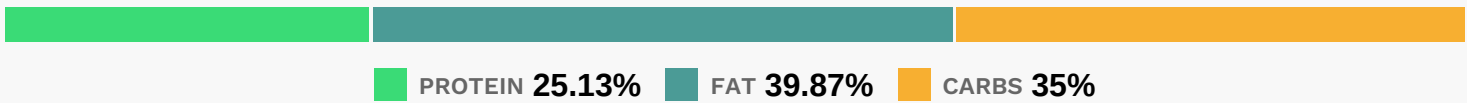
## Equipment

- ☐ 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:38.930000263712%

## 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: 592.4kcal (29.62%), Fat: 26.33g (40.51%), Saturated Fat: 5.41g (33.83%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 48.02g (17.46%), Sugar: 7.6g (8.45%), Cholesterol: 174.28mg (58.09%), Sodium: 1282.58mg (55.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.36g (74.71%), Vitamin D: 15.87µg (105.8%), Selenium: 73.01µg (104.3%), Vitamin B12: 5.65µg (94.14%), Phosphorus: 679.02mg (67.9%), Vitamin B3: 12.57mg (62.85%), Vitamin K: 50.56µg (48.15%), Vitamin A: 2349.52IU (46.99%), Manganese: 0.92mg (46.24%), Calcium: 459.05mg (45.9%), Vitamin B1: 0.63mg (42.28%), Vitamin B2: 0.68mg (40.09%), Folate: 130.26µg (32.56%), Iron: 5.22mg (28.99%), Magnesium: 80.41mg (20.1%), Potassium: 634.63mg (18.13%), Zinc: 2.41mg (16.04%), Fiber: 4g (15.99%), Vitamin B5: 1.59mg (15.87%), Vitamin E: 2.37mg (15.8%), Copper: 0.31mg (15.49%), Vitamin B6: 0.27mg (13.71%), Vitamin C: 6.74mg (8.17%)