

Salmon Patties I

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.8 ounce salmon canned
- ☐ 1 eggs
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup seasoned bread crumbs dry

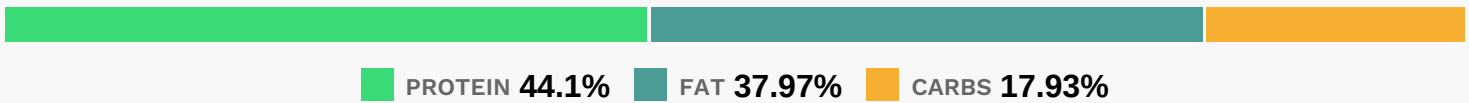
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Drain and reserve liquid from salmon.
- ☐ Mix egg, onion, bread crumbs and salmon together.
- ☐ Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.
- ☐ In a frying pan, heat olive oil.
- ☐ Place patties in pan. Brown on each side, turning gently.
- ☐ Drain on paper towels and serve.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:15.232608512692%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 168.26kcal (8.41%), Fat: 7.08g (10.9%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.92g (2.52%), Sugar: 0.88g (0.98%), Cholesterol: 85.22mg (28.41%), Sodium: 409.86mg (17.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.02%), Vitamin D: 10.25µg (68.35%), Vitamin B12: 3.55µg (59.17%), Selenium: 32.28µg (46.12%), Phosphorus: 298.29mg (29.83%), Vitamin B3: 5.79mg (28.96%), Calcium: 221.09mg (22.11%), Vitamin B2: 0.22mg (12.8%), Vitamin E: 1.33mg (8.88%), Vitamin B1: 0.12mg (8.06%), Potassium: 275.05mg (7.86%), Magnesium: 28.45mg (7.11%), Iron: 1.18mg (6.58%), Manganese: 0.13mg (6.53%), Zinc: 0.92mg (6.12%), Vitamin K: 6.12µg (5.83%), Vitamin B5: 0.58mg (5.75%), Vitamin B6: 0.11mg (5.54%), Folate: 19.4µg (4.85%), Copper: 0.09mg (4.47%), Fiber: 0.6g (2.41%), Vitamin A: 104.33IU (2.09%)