



Salmon Patties With Dill Sauce

READY IN



30 min.

SERVINGS



2

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dried
- ☐ 5 ounce salmon flaked drained canned
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon dill weed
- ☐ 1 eggs lightly beaten
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons onion minced
- ☐ 2 servings sea salt to taste

- ☐ 2 servings sea salt and ground pepper black to taste
- ☐ 0.3 cup cup heavy whipping cream light sour

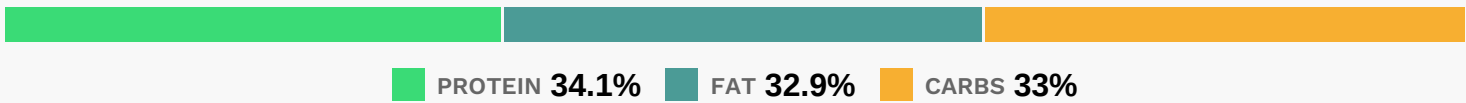
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix salmon, breadcrumbs, onion, Dijon mustard, egg, and lemon juice together in a bowl; form into 2 patties.
- ☐ Heat olive oil in a skillet over medium-high heat. Cook patties in the hot oil until lightly browned and cooked through, 4 minutes per side; season with sea salt and black pepper.
- ☐ Mix sour cream, dill, garlic powder, and sea salt together in a bowl; serve alongside salmon patties.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:20.878695674565%

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 Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 285.65kcal (14.28%), Fat: 10.4g (16.01%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 21.7g (7.89%), Sugar: 2.42g (2.69%), Cholesterol: 150.73mg (50.24%), Sodium: 799.76mg (34.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.53%), Vitamin D: 10.77µg (71.83%), Vitamin B12: 3.92µg (65.32%), Selenium: 45.14µg (64.49%), Phosphorus: 390.08mg (39.01%), Vitamin B3: 7.14mg (35.7%), Calcium: 310.98mg (31.1%), Vitamin B2: 0.4mg (23.29%), Vitamin B1: 0.32mg (21.44%), Manganese: 0.34mg (16.91%), Iron: 2.43mg (13.52%), Folate: 48.42µg (12.11%), Potassium: 414.88mg (11.85%), Magnesium: 45.05mg (11.26%), Zinc:

1.58mg (10.53%), Vitamin B5: 0.93mg (9.28%), Vitamin B6: 0.18mg (8.76%), Vitamin E: 1.28mg (8.54%), Copper: 0.16mg (8.04%), Fiber: 1.78g (7.1%), Vitamin A: 269.25IU (5.38%), Vitamin C: 2.04mg (2.48%), Vitamin K: 2.38µg (2.27%)