



Salmon Tikki

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cumin seeds toasted
- 0.3 teaspoon curry powder
- 0.3 cup cilantro leaves fresh minced
- 1.5 tablespoons ginger fresh minced
- 1.3 pounds salmon fillet
- 0.8 teaspoon salt
- 1 serrano chile minced seeded
- 2 shallots minced

- 0.3 cup vegetable oil divided
- 4 servings yogurt-cucumber sauce

Equipment

- food processor
- bowl
- frying pan

Directions

- Cut salmon into large chunks; place in a food processor. Pulse several times or until minced.
- Place salmon in a large bowl; add shallots and next 6 ingredients, stirring to combine. Shape salmon mixture into 8 small patties, cover, and chill at least 30 minutes or until ready to cook.
- Heat 2 tablespoons oil in a large skillet over medium-high heat; add 4 patties. Cook 3 minutes on each side or until golden. Repeat procedure with remaining oil and salmon patties.
- Serve with Yogurt-Cucumber Sauce.

Nutrition Facts

 **PROTEIN 34.52%**  **FAT 61.81%**  **CARBS 3.67%**

Properties

Glycemic Index:26.5, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:21.981304376427%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 336.43kcal (16.82%), Fat: 22.82g (35.1%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.16g (1.28%), Cholesterol: 78.09mg (26.03%), Sodium: 502.21mg (21.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.34%), Vitamin B12: 4.51µg (75.19%), Selenium: 51.99µg (74.27%), Vitamin B6: 1.22mg (60.99%), Vitamin B3: 11.25mg (56.24%), Vitamin B2: 0.55mg (32.25%), Phosphorus: 296.85mg (29.68%), Vitamin K: 28.59µg (27.23%), Vitamin B5: 2.41mg (24.13%), Vitamin B1: 0.33mg (22.25%), Potassium: 769.5mg (21.99%), Copper: 0.38mg (19.06%), Magnesium: 47.73mg (11.93%), Folate: 41.25µg (10.31%), Iron: 1.71mg (9.48%), Vitamin E: 1.21mg (8.04%), Zinc: 1.01mg (6.74%), Manganese: 0.1mg (4.77%), Calcium:

29.62mg (2.96%), Vitamin A: 147.31IU (2.95%), Vitamin C: 2.13mg (2.58%), Fiber: 0.63g (2.52%)