



Sesame Salmon Croquettes

 Very Healthy

READY IN



105 min.

SERVINGS



1

CALORIES



2632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter melted
- ☐ 2 large eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 2 garlic cloves minced
- ☐ 1 serving ginger rémoulade
- ☐ 2 green onions thinly sliced

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons kosher salt
- ☐ 1 optional: lemon
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime zest loosely packed
- ☐ 0.3 cup mayonnaise
- ☐ 2.5 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 1 lb salmon fillet
- ☐ 1.6 oz sesame seed toasted

Equipment

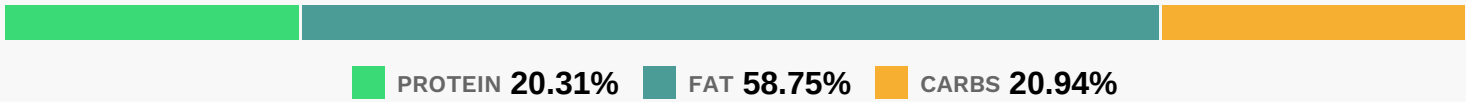
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Cut lemon in half. Squeeze juice from lemon into a 3-qt. saucepan.
- ☐ Add lemon halves, 2 Tbsp. salt, and 6 cups water, and bring to a boil over medium-high heat.
- ☐ Add salmon fillet (cut into 2 pieces, if necessary); cover and reduce heat to low. Simmer 4 minutes. (Center of salmon will be raw.) Carefully transfer salmon to a large bowl, and cool completely (about 10 minutes).
- ☐ Remove and discard skin, and flake salmon.
- ☐ Preheat oven to 42
- ☐ Stir 1/2 cup panko and next 11 ingredients into flaked salmon.
- ☐ Stir together melted butter and remaining 2 cups panko. Spoon 1 tsp. panko mixture into each cup of a lightly greased 24-cup miniature muffin pan.
- ☐ Add 1 Tbsp. salmon mixture to each muffin cup. Top each with 1 tsp. panko mixture.
- ☐ Bake, in batches, at 425 for 10 minutes or until topping is golden brown.

Serve warm with Ginger Rmoulade.

Nutrition Facts



Properties

Glycemic Index:348.5, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:83.740434978319%

Flavonoids

Eriodictyol: 23.73mg, Eriodictyol: 23.73mg, Eriodictyol: 23.73mg, Eriodictyol: 23.73mg Hesperetin: 34.54mg, Hesperetin: 34.54mg, Hesperetin: 34.54mg, Hesperetin: 34.54mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 2632.1kcal (131.61%), Fat: 172.82g (265.87%), Saturated Fat: 58.1lg (363.18%), Carbohydrates: 138.65g (46.22%), Net Carbohydrates: 122.06g (44.38%), Sugar: 14.26g (15.84%), Cholesterol: 807.68mg (269.23%), Sodium: 17413.2mg (757.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 134.4g (268.81%), Selenium: 253.54µg (362.2%), Vitamin B12: 16.04µg (267.25%), Vitamin B3: 48.23mg (241.14%), Vitamin B6: 4.64mg (232.09%), Vitamin B1: 2.97mg (198.06%), Copper: 3.61mg (180.5%), Vitamin B2: 3mg (176.36%), Phosphorus: 1717.51mg (171.75%), Vitamin K: 169.99µg (161.9%), Manganese: 2.93mg (146.5%), Iron: 20.9mg (116.09%), Vitamin B5: 10.46mg (104.64%), Folate: 404.81µg (101.2%), Magnesium: 395.05mg (98.76%), Calcium: 932.79mg (93.28%), Potassium: 3245.37mg (92.72%), Vitamin C: 75.32mg (91.29%), Zinc: 10.43mg (69.54%), Fiber: 16.59g (66.38%), Vitamin A: 3206.12IU (64.12%), Vitamin E: 5.38mg (35.86%), Vitamin D: 2.1lµg (14.08%)