



## Spicy Salmon Patties

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 oz salmon
- 2 eggs
- 0.3 cup parsley fresh
- 2 tbsp spring onion
- 0.3 cup bread crumbs italian
- 0.5 juice of lemon
- 4 servings pepper red to taste
- 2 tbsp mayonnaise

1 tbsp juice of lemon

## Equipment

frying pan

## Directions

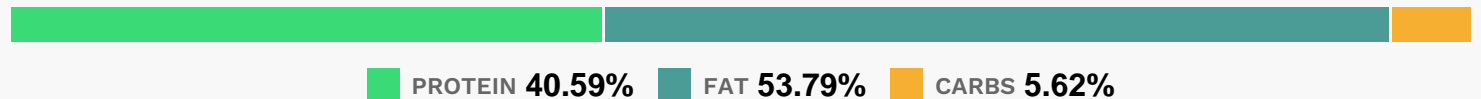
Prep salmon: remove skin; crush bones with thumb and index finger leaving them in for added calcium.

Knead together salmon with eggs, parsley, scallions, bread crumbs, lemon juice and red pepper flakes.

Cook in a lightly-oiled cast-iron pan over medium heat until golden brown.

Serve warm, with sauce.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:22.260434782609%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Taste

Sweetness: 26.06%, Saltiness: 100%, Sourness: 34.27%, Bitterness: 16.77%, Savoriness: 72.85%, Fattiness: 60.13%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 261.98kcal (13.1%), Fat: 15.46g (23.78%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.18g (1.31%), Cholesterol: 147.11mg (49.04%), Sodium: 171.86mg (7.47%), Protein: 26.24g (52.49%), Selenium: 48.96µg (69.94%), Vitamin B12: 3.81µg (63.5%), Vitamin B6: 1.03mg (51.34%),

Vitamin B3: 9.42mg (47.09%), Vitamin K: 40.88µg (38.93%), Vitamin B2: 0.59mg (34.94%), Phosphorus: 286.98mg (28.7%), Vitamin B5: 2.28mg (22.83%), Potassium: 688.12mg (19.66%), Vitamin B1: 0.28mg (18.65%), Copper: 0.34mg (16.83%), Vitamin A: 822.3IU (16.45%), Folate: 46.93µg (11.73%), Iron: 2.08mg (11.58%), Magnesium: 46.17mg (11.54%), Manganese: 0.22mg (10.89%), Vitamin E: 1.39mg (9.25%), Zinc: 1.21mg (8.07%), Vitamin C: 5.43mg (6.59%), Calcium: 53.5mg (5.35%), Fiber: 1.27g (5.1%), Vitamin D: 0.45µg (3.03%)