



Summer Salmon Cakes with Zucchini Fennel Slaw

 Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



536 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 3 tablespoons chives chopped
- ☐ 0.5 small fennel bulb trimmed thinly sliced
- ☐ 1 teaspoon coarse mustard
- ☐ 2 teaspoons juice of lemon fresh divided
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil

- ☐ 4 saltines crushed
- ☐ 1.5 cups zucchini grated

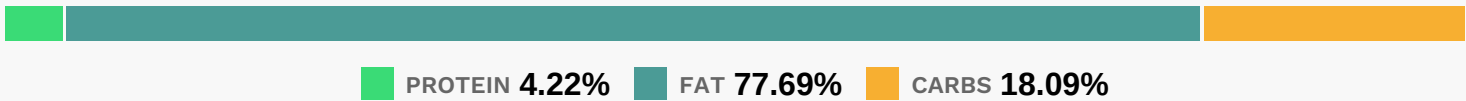
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together mayonnaise, 1 teaspoon lemon juice, chives, mustard, cayenne, and 1/4 teaspoon each of salt and pepper in a medium bowl.
- ☐ Stir together salmon, crackers, 3/4 cup zucchini, and half of mayonnaise mixture in another bowl.
- ☐ Add fennel and remaining zucchini and lemon juice to mayonnaise mixture in medium bowl and toss to combine slaw.
- ☐ Form salmon mixture into 2 (3-inch) patties.
- ☐ Heat oil in a small nonstick skillet over medium heat until hot, then cook salmon cakes, carefully turning once, until golden and salmon is just cooked through, about 6 minutes total.
- ☐ Serve with slaw.

Nutrition Facts



Properties

Glycemic Index:219, Glycemic Load:3.03, Inflammation Score:-8, Nutrition Score:21.483478486538%

Flavonoids

Eriodictyol: 1.75mg, Eriodictyol: 1.75mg, Eriodictyol: 1.75mg, Eriodictyol: 1.75mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 536.16kcal (26.81%), Fat: 47.58g (73.21%), Saturated Fat: 7.34g (45.9%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 18.57g (6.75%), Sugar: 10.16g (11.29%), Cholesterol: 17.64mg (5.88%), Sodium: 511.07mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin K: 180.86µg (172.24%), Vitamin C: 56.64mg (68.66%), Manganese: 0.72mg (35.84%), Vitamin E: 4.56mg (30.4%), Potassium: 1046.09mg (29.89%), Folate: 106.47µg (26.62%), Fiber: 6.36g (25.44%), Vitamin A: 1056.14IU (21.12%), Vitamin B6: 0.4mg (19.92%), Vitamin B2: 0.3mg (17.42%), Phosphorus: 162.39mg (16.24%), Magnesium: 63.71mg (15.93%), Iron: 2.63mg (14.6%), Vitamin B1: 0.2mg (13.57%), Vitamin B3: 2.48mg (12.39%), Copper: 0.22mg (11.04%), Calcium: 105.27mg (10.53%), Vitamin B5: 0.84mg (8.37%), Selenium: 5.21µg (7.44%), Zinc: 1.07mg (7.12%), Vitamin B12: 0.06µg (1.02%)