



Summertime Salmon Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz salmon drained canned
- ☐ 2 eggs
- ☐ 2 servings olive oil
- ☐ 2 servings salt and pepper
- ☐ 10 saltines crushed

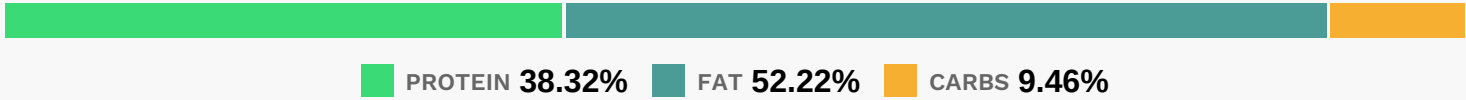
Equipment

- ☐ frying pan

Directions

- ☐ Mix first 4 ingredients together; form into patties.
- ☐ Heat both sides in hot oil in a skillet until golden.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:31.381739124008%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 484.11kcal (24.21%), Fat: 28.02g (43.11%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 11g (4%), Sugar: 0.36g (0.4%), Cholesterol: 304.86mg (101.62%), Sodium: 1045.77mg (45.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.26g (92.51%), Vitamin D: 25.54µg (170.29%), Vitamin B12: 8.82µg (147.08%), Selenium: 82.24µg (117.49%), Phosphorus: 747.09mg (74.71%), Vitamin B3: 13.6mg (68.01%), Calcium: 509.12mg (50.91%), Vitamin B2: 0.62mg (36.34%), Vitamin E: 4.83mg (32.18%), Potassium: 650.12mg (18.57%), Vitamin B5: 1.7mg (17.03%), Iron: 3mg (16.64%), Magnesium: 63.17mg (15.79%), Zinc: 2.3mg (15.36%), Vitamin B6: 0.27mg (13.32%), Vitamin K: 12.54µg (11.94%), Folate: 47.58µg (11.9%), Vitamin B1: 0.17mg (11.26%), Copper: 0.19mg (9.61%), Manganese: 0.19mg (9.56%), Vitamin A: 348.31IU (6.97%), Fiber: 0.42g (1.68%)