



Tartar-Topped Grilled Salmon Burgers

READY IN



80 min.

SERVINGS



2

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.5 oz salmon red drained canned
- 0.3 cup breadcrumbs dry
- 2 tablespoons bell pepper green finely chopped
- 3 tablespoons yogurt plain
- 1 tablespoon juice of lemon
- 1 egg whites
- 0.1 teaspoon pepper
- 2 tablespoons mayonnaise reduced-fat
- 1 teaspoon relish

0.1 teaspoon lime zest grated

0.1 teaspoon dill dried

Equipment

bowl

baking sheet

grill

Directions

In small bowl, mix salmon, bread crumbs and bell pepper, breaking up salmon with spoon. Stir in remaining burger ingredients until well mixed.

Line cookie sheet with waxed paper. Shape salmon mixture into 4 patties, each about 1/2 inch thick.

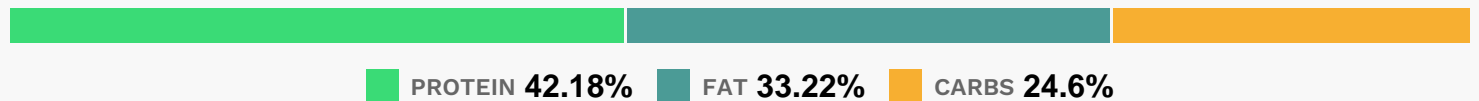
Place on waxed paper. Refrigerate 1 hour. Meanwhile, in small bowl, mix all tartar sauce ingredients. Refrigerate until ready to serve.

Spray grill rack with cooking spray.

Heat gas or charcoal grill. Cover and grill burgers over medium heat 6 to 8 minutes, turning once, until heated through.

Serve with tartar sauce.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:24.504347821941%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 283.52kcal (14.18%), Fat: 10.45g (16.08%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.35g (5.94%), Sugar: 3.53g (3.93%), Cholesterol: 94.38mg (31.46%), Sodium: 719.07mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.86g (59.72%), Vitamin D: 15.45µg (102.97%), Vitamin B12: 5.45µg (90.83%), Selenium: 50.57µg (72.24%), Phosphorus: 469.49mg (46.95%), Vitamin B3: 9.18mg (45.89%), Calcium: 375.2mg (37.52%), Vitamin B2: 0.4mg (23.58%), Vitamin B1: 0.22mg (14.78%), Potassium: 494.39mg (14.13%), Vitamin C: 10.62mg (12.88%), Magnesium: 49.65mg (12.41%), Manganese: 0.23mg (11.66%), Vitamin E: 1.75mg (11.65%), Iron: 1.85mg (10.26%), Zinc: 1.5mg (9.98%), Vitamin K: 9.77µg (9.3%), Vitamin B5: 0.87mg (8.72%), Vitamin B6: 0.17mg (8.51%), Copper: 0.15mg (7.67%), Folate: 29.26µg (7.31%), Fiber: 1.07g (4.29%), Vitamin A: 152.04IU (3.04%)