



Tartar-Topped Grilled Salmon Burgers

READY IN



80 min.

SERVINGS



2

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon relish
- 0.1 teaspoon dill dried
- 0.3 cup breadcrumbs dry
- 1 egg whites
- 2 tablespoons bell pepper green finely chopped
- 1 tablespoon juice of lemon
- 0.1 teaspoon lime zest grated
- 2 tablespoons mayonnaise reduced-fat
- 0.1 teaspoon pepper

- 3 tablespoons yogurt plain
- 7.5 oz salmon red drained canned

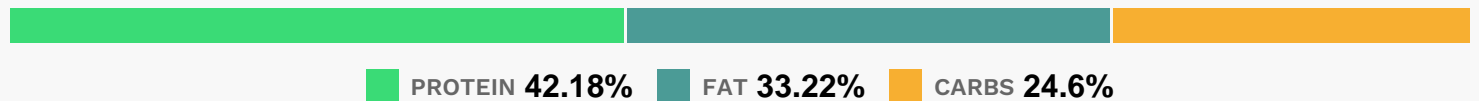
Equipment

- 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%)