



Wasabi Salmon Burgers with Edamame-Cilantro Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 4 curly kale leaves
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large egg white
- ☐ 0.3 cup chives fresh chopped
- ☐ 4 hamburger buns with sesame seeds

- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 cup edamame–cilantro pesto
- ☐ 1 inch onion sweet red
- ☐ 7 ounce sockeye salmon red drained canned
- ☐ 4 ounces spicy tofu soft
- ☐ 1 inch tomatoes
- ☐ 0.5 teaspoon wasabi paste
- ☐ 6 ounce pink salmon in water boneless skinless drained canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu on several layers of heavy-duty paper towels. Cover with additional paper towels; let stand 5 minutes.
- ☐ Place tofu in a large bowl.
- ☐ Add salmon to bowl; mash with a fork to crumble.
- ☐ Add chives and next 4 ingredients (through egg white); mix well. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place panko in a shallow dish; dredge patties in panko.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties to pan; cook 3 minutes on each side or until golden brown.
- ☐ Place 1 lettuce leaf on each of the bottom halves of buns; top each serving with 1 tomato slice, 1 patty, and 1 onion slice.
- ☐ Spread 2 tablespoons Edamame–Cilantro Pesto over each serving; top with top halves of buns.

Nutrition Facts



 PROTEIN 21.6%  FAT 45.5%  CARBS 32.9%

Properties

Glycemic Index:56, Glycemic Load:12.98, Inflammation Score:-8, Nutrition Score:17.166956466177%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 382.56kcal (19.13%), Fat: 19.09g (29.37%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 28.78g (10.47%), Sugar: 4.97g (5.53%), Cholesterol: 29.77mg (9.92%), Sodium: 627.79mg (27.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.78%), Selenium: 34.31µg (49.01%), Vitamin A: 1835.42IU (36.71%), Vitamin B3: 6.3mg (31.49%), Vitamin B1: 0.44mg (29.11%), Vitamin B12: 1.7µg (28.29%), Vitamin K: 27.06µg (25.77%), Vitamin B2: 0.4mg (23.52%), Vitamin B6: 0.46mg (23.19%), Manganese: 0.38mg (19.16%), Calcium: 179.16mg (17.92%), Folate: 69.85µg (17.46%), Iron: 2.98mg (16.56%), Phosphorus: 165.54mg (16.55%), Potassium: 369.63mg (10.56%), Copper: 0.21mg (10.56%), Vitamin B5: 0.92mg (9.21%), Fiber: 2.27g (9.08%), Magnesium: 33.64mg (8.41%), Zinc: 0.82mg (5.44%), Vitamin C: 3.73mg (4.53%), Vitamin E: 0.35mg (2.31%)