



Wild Salmon Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound salmon fillet wild boneless skinless minced
- 0.3 onion diced red
- 1 teaspoon capers
- 1 eggs
- 0.5 cup panko bread crumbs

Equipment

- bowl
- oven

grill

Directions

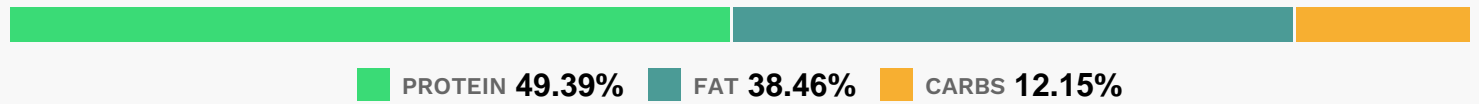
Mince the salmon.

In a bowl, whip the egg; add the diced onion, capers and salmon until ingredients are incorporated

Add the panko bread crumbs until combined.

Form into 4 patties and place on a hot grill for about 2–3 minutes on each side, or in a 350 degree oven for 15–20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:17.750869565217%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 209.25kcal (10.46%), Fat: 8.64g (13.3%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.67g (2.06%), Sugar: 0.8g (0.89%), Cholesterol: 103.29mg (34.43%), Sodium: 134.54mg (5.85%), Protein: 24.97g (49.95%), Selenium: 46.7µg (66.71%), Vitamin B12: 3.73µg (62.17%), Vitamin B6: 0.96mg (48.19%), Vitamin B3: 9.43mg (47.15%), Vitamin B2: 0.51mg (30.23%), Phosphorus: 262.99mg (26.3%), Vitamin B1: 0.34mg (22.43%), Vitamin B5: 2.11mg (21.06%), Potassium: 595.77mg (17.02%), Copper: 0.32mg (15.75%), Folate: 42.97µg (10.74%), Magnesium: 38.28mg (9.57%), Iron: 1.48mg (8.25%), Zinc: 0.99mg (6.6%), Manganese: 0.1mg (4.97%), Calcium: 35.27mg (3.53%), Vitamin A: 105.59IU (2.11%), Fiber: 0.47g (1.88%), Vitamin D: 0.22µg (1.47%)