

Pan-Broiled Salmon Patties with Cilantro sauce

A cooking technique called pan-broiling is very suitable for preparing foods that are fast and nutritious. Pan-broiled foods are cooked with little or no fat. This recipe uses non stick cooking spray, a great way to cook with out adding a lot of fat and calories. Although the salmon in this recipe makes it somewhat high in fat, it's the good- for- you Omega-3 variety.

2 slices	whole wheat bread
1 14.5 ounce can	salmon, drained
1/4 cup	fat free egg substitute
1	fresh lime, squeezed
1 1/4 cups	plain yogurt
1/2 cup	fresh cilantro, chopped
1/2 teaspoon	garlic, minced
1/4 teaspoon	freshly ground black pepper
1/8 teaspoon	salt

For the patties, process bread in food processor until fine crumbs form. Add bread crumbs, salmon, and egg substitute; process just until well blended. Shape into 4 3/4" thick patties. For the sauce, grate 1/2 teaspoon lime peel and squeeze 2 teaspoons from the lime. Mix remaining ingredients in a bowl ; stir in peel and juice. Coat a non stick skillet with cooking spray. Heat over Medium-Low heat. Add patties and cook 2 to 3 minutes per side, turning over carefully, until browned and heated through. Serve with sauce.

Servings: 4

Yield: 1 salmon patty each with sauce

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	240.07
Calories From Fat (38%)	92.37
% Daily Value	
Total Fat 10.38g	16%
Saturated Fat 3.36g	17%
Cholesterol 50.70mg	17%
Sodium 712.06mg	30%
Potassium 597.01mg	17%
Carbohydrates 11.37g	4%
Dietary Fiber 1.21g	5%
Sugar 6.61g	
Sugar Alcohols 0.00g	
Net Carbohydrates 10.16g	
Protein 24.97g	50%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 slices whole wheat bread	2 x 1 slice of Bread, whole-wheat, commercially prepared
1 14.5 ounce can salmon, drained	1 x 1 can of Finfish, salmon, sockeye, canned, drained solids with bone
1/4 cup fat free egg substitute	0.25 x 1 cup of Egg substitute, liquid
1 fresh lime, squeezed	1 x 1 lime yields of Lime juice, raw
1 1/4 cups plain yogurt	1.25 x 1 cup (8 fl oz) of Yogurt, plain, whole milk, 8 grams protein per 8 ounce
1/2 cup fresh cilantro, chopped	0.50 x 1 cup of Cilantro (Chinese parsley), raw
1/2 teaspoon garlic, minced	0.50 x 1 teaspoon of Garlic, raw
1/4 teaspoon freshly ground black pepper	0.25 x 1 teaspoon of Spices, pepper, black
1/8 teaspoon salt	0.13 x 1 teaspoon of Salt, table

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