



Homemade Salmon Burgers

Easy to cook, versatile, and delicious to eat, salmon is one of our favourite fish. Salmon is high in protein and is an excellent source of vitamins B6 and B12, niacin, and phosphorus. Salmon also contains omega-3 fatty acids, essential to the body for good health! Salmon can be enjoyed in many ways such as these heart healthy homemade burgers.

Prep: 15 minutes • Total: 25 minutes

Ingredients:

Salmon fillet	1 lb	500 g
Egg whites	2 each	2 each
Dijon mustard	1 Tbsp	15 mL
Bread crumbs*	½ cup	125 mL
Fresh dill	2 Tbsp	30 mL
Olive oil	2 Tbsp	30 mL

*Use whole wheat bread if possible

Directions:

1. Heat grill to medium.
2. Finely chop the salmon. Place in a large re-sealable plastic bag and use a flat-surfaced meat pounder or rolling pin to mash it.
3. Place the salmon in a large bowl. Combine with egg whites, mustard, bread crumbs, and dill. Form mixture into four x ¾ inch-thick patties.
4. Place salmon patties on grill; cook 4-5 minutes each side. If cooking on a stovetop, heat the oil in a grill pan over medium heat and cook patties 5 minutes each side.
5. Serve the patties alone or with a whole wheat bun (extra calories).

Nutrition Facts

Serving Size (154g)		Servings Per Container	
Amount Per Serving			
Calories 300	Calories from Fat 120		
% Daily Value*			
Total Fat 13g	20%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 75mg	25%		
Sodium 320mg	13%		
Total Carbohydrate 11g	4%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 33g			
Vitamin A 4%	• Vitamin C 0%		
Calcium 4%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: Real Simple

Makes 4 servings (154 g / serving) • 1 serving = 1 salmon burger

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScH Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca