

Lemony Salmon Patties

Lorice Britt - Severn, NC
Taste of Home - Feb/Mar 2016

Servings: 4

1 can (14-1/4 ounce) pink salmon,
drained, skin and bones removed
3/4 cup milk
1 cup soft bread crumbs
1 large egg, lightly beaten
1 tablespoon parsley, minced
1 teaspoon onions, finely chopped
1/2 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon pepper
LEMON SAUCE
2 tablespoons butter
4 teaspoons all-purpose flour
3/4 cup milk
tablespoon lemon juice
teaspoon salt
1/8 to 1/4 teaspoon cayenne pepper

Preparation Time: 20 minutes

Bake: 45 minutes

Preheat the oven to 350 degrees.

In a large bowl, combine the salmon, milk, bread crumbs, egg, parsley, onion, Worcestershire, salt and pepper. Fill eight greased muffin cups with 1/4 cup of the salmon mixture each.

Bake for 45 minutes until browned.

Meanwhile, melt butter in a saucepan. Stir in the flour until smooth. Gradually stir in the milk. Bring to a boil over medium heat. Cook and stir for 2 minutes or until thickened. Remove from the heat. Stir in the lemon juice, salt and cayenne. Serve with the patties.

Per Serving (excluding unknown items): 192 Calories; 11g Fat (53.0% calories from fat); 10g Protein; 12g Carbohydrate; trace Dietary Fiber; 92mg Cholesterol; 336mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	192	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	25.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	21.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	11g	Folacin (mcg):	21mcg
Saturated Fat (g):	6g	Niacin (mg):	2mg

Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 92mg
Carbohydrate (g): 12g
Dietary Fiber (g): trace
Protein (g): 10g
Sodium (mg): 336mg
Potassium (mg): 258mg
Calcium (mg): 136mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 534IU
Vitamin A (r.e.): 125RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 192 **Calories from Fat:** 102

% Daily Values*

Total Fat	11g	17%
Saturated Fat	6g	30%
Cholesterol	92mg	31%
Sodium	336mg	14%
Total Carbohydrates	12g	4%
Dietary Fiber	trace	2%
Protein	10g	
Vitamin A		11%
Vitamin C		6%
Calcium		14%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.