

# Salmon Cakes with Mustard Sauce

Susan McEwen McIntosh  
"Southern Living" Cooking Light - 1983

## Servings: 4

### SALMON CAKES

1 can (7-3/4 ounce) salmon, drained  
and flaked

1/4 cup fine, dry breadcrumbs

2 eggs, slightly beaten

2 tablespoons lemon juice

1/4 teaspoon pepper

vegetable cooking spray

1/2 cup celery, finely chopped

1/3 cup green onions, finely chopped

### MUSTARD SAUCE

2 tablespoons reduced-calorie  
margarine

1 1/2 tablespoons all-purpose flour

1 cup skim milk

1 teaspoon dry mustard

1 teaspoon lemon juice

1/4 teaspoon salt

Prepare the mustard sauce: Melt the margarine over low heat. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually add the milk. Cook over medium heat, stirring constantly, until thickened and bubbly. Remove from the heat. Stir in the mustard, lemon juice and salt. Set aside.

In a bowl, combine the salmon, breadcrumbs, eggs, lemon juice and pepper. Set aside.

Coat a large nonstick skillet with the cooking spray. Place over medium heat until hot. Add the celery and green onions. Saute' until tender. Add to the salmon mixture and mix well.

Coat the skillet again with cooking spray. Place over medium-high heat until hot. For each salmon cake, spoon about 1/4 cup of the mixture onto the skillet, shape into a patty with a spatula. Cook about 2 minutes or until browned on each side.

Serve immediately with the mustard sauce.

Per Serving (excluding unknown items): 128 Calories; 6g Fat (44.5% calories from fat); 10g Protein; 7g Carbohydrate; 1g Dietary Fiber; 118mg Cholesterol; 298mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	128	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	44.5%
% Calories from Carbohydrates:	23.5%
% Calories from Protein:	32.0%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	118mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	10g
Sodium (mg):	298mg
Potassium (mg):	290mg
Calcium (mg):	108mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	585IU
Vitamin A (r.e.):	143RE

Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	31mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 128 Calories from Fat: 57

		% Daily Values*
<b>Total Fat</b>	6g	10%
Saturated Fat	1g	7%
<b>Cholesterol</b>	118mg	39%
<b>Sodium</b>	298mg	12%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	2%
<b>Protein</b>	10g	
<b>Vitamin A</b>		12%
<b>Vitamin C</b>		12%
<b>Calcium</b>		11%
<b>Iron</b>		6%

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