

Teriyaki Salmon Burgers



Active: 25 mins

Servings: 4

Total: 35 mins

Yield: 4 burgers

Ingredients

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| 1 14.75 ounce cans skinless boneless pink salmon, drained and flaked | ½ teaspoon freshly ground black pepper |
| 1 cup panko breadcrumbs | 1 tablespoon sesame oil |
| 3 eggs, lightly beaten | ¼ cup mayonnaise |
| ½ cup grated zucchini | 4 sesame seed hamburger buns, split and toasted |
| 2 green onions, finely chopped | 8 large tomato slices |
| 1 tablespoon reduced-sodium soy sauce | ½ cup mixed salad greens |
| 1 teaspoon sugar | |

Directions

Step 1

In a large bowl mix salmon, panko, eggs, zucchini, green onions, soy sauce, sugar, and pepper until well combined. Form into four 4-inch patties. Brush oil on outsides of patties.

Step 2

Cook burgers on the greased rack of a covered gas or charcoal grill over over medium-high heat for 3 to 4 minutes per side or until patties reach 160°F, turning once halfway through grilling. Spread mayonnaise on cut sides of buns. Layer tomato slices on bottom buns and top with salmon patties, mixed greens, and top buns.

Nutrition Facts

Per Serving:

519 calories; total fat 22g; saturated fat 5g; polyunsaturated fat 9g; monounsaturated fat 6g; cholesterol 175mg; sodium 849mg; potassium 226mg; carbohydrates 45g; fiber 2g; sugar 7g; protein 33g; trans fatty acid; vitamin a 713IU; vitamin c 10mg; thiaminmg; riboflavinmg; niacin equivalents 3mg; vitamin b6mg; folate 97mcg; vitamin b12mcg; calcium 98mg; iron 4mg.

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