

Salmon Patties¹⁰

Number of Servings: 10 (142.66 g per serving)

Amount	Measure	Ingredient
2.00	lb	Fish, salmon, sockeye, w/bone, cnd, drained, unsalted
11 1/2	Tbs	Milk, 1%, w/add vit A & D
4.00	oz	Bread, white, soft, enrich, cubes
3 3/4	ea	Eggs, whole, raw, lrg
1/4	tsp	Spice, paprika
4 3/4	tsp	Onion, white, fresh, chpd
4 3/4	tsp	Juice, lemon, cnd/btl
10.00	ea	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts	
Serving Size (143g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 180mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 22g	
Vitamin A 6%	• Vitamin C 2%
Calcium 25%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

- * Any type canned salmon that is unsalted can be drained, weighed and used.
- * Raw salmon needs to be cooked without salt before being weighed

Drain Salmon. WEIGH AFTER DRAINING. Each 2 cups liquid drained off = 1 pound and can be subtracted from can weight to estimate weight of drained salmon.

* Each 4 large eggs = ~1 cup.

Mix milk and bread cubes. Add eggs to milk-bread mixture and stir well
Add salmon and other ingredients. Mix lightly.

Portion in to patties with #8 scoop. Flatten to about 1/2 inch thick on sheet pans sprayed with cooking spray.
Bake at 325 degrees F for 30 or until internal temperature reaches 180 degrees F. Be careful not to dry out.
Transfer to foil-lined counter pans, add 1/2 cup water to each pan UNDER the foil. Cover tightly. Keep hot in 200 degree F oven or in steam table.

Serve 1 patty per portion = 3 oz meat subst EP