

Low-Carb Salmon Patties with Double-Dill Tartar Sauce

Yield: 4 min
Total Time: 38 min

Recipe from: <https://www.recipeschoose.com/recipes/salmon-patties-indian-recipe>

Ingredients:

- 2 cans salmon (6 oz. can) or one large can (14 3/4 oz. can), well drained
- 3 tablespoons almond flour or almond meal
- 3 tablespoons shelled hemp seeds (Could also use Flaxseed Meal, oat bran, or ground oatmeal, but the Hemp Hearts are delicious in this...)
- 3 tablespoons green onions chopped
- 1 tablespoon capers drained well and finely chopped
- 1 teaspoon all purpose seasoning Szeged Fish Rub (or use any all-purpose seasoning that's good on fish)
- salt to taste
- freshly ground black pepper to taste
- 2 eggs
- 2 tablespoons olive oil or more, depending on your pan
- tartar sauce double-dill, or tzatziki sauce, for serving

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 215 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 4 grams
8. Sodium: 470 milligrams
9. Sugar: 1 grams

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