

# Salmon Loaf

Serves 8

## Ingredients:

- 1 can salmon (15 1/2 ounce)
- 2 cups bread crumbs, soft
- 1 onion (large, chopped)
- 1 tablespoon margarine (melted)
- 1/4 cup celery (diced)
- 1 cup milk, 1%
- 1 tablespoon lemon juice
- 1/3 tablespoon parsley (dried)
- 2 egg (large)



## Directions:

1. Preheat oven to 325 degrees.
2. Drain salmon and remove skin if desired. Mash bones with meat.
3. Add the other ingredients.
4. Add enough milk so that the mixture is moist but not runny.
5. Place in a lightly oiled 9x5 inch loaf pan.
6. Bake for 45 minutes.
7. Serve.

Nutrition Facts	
Serving Size (152g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 60</b>
	% Daily Value*
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 480mg</b>	<b>20%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein 20g</b>	
Vitamin A 4%	• Vitamin C 4%
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    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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