

Salmon Loaf

Recipe Type: Main Dish

Serves: 8

Prep Time: 15 minutes

Cooking Time: 30 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

4 medium slices of bread
1–15 oz can of salmon
1 egg
 $\frac{2}{3}$ C nonfat dry milk
 $\frac{1}{4}$ medium red onion, chopped
 $\frac{1}{4}$ t salt
 $\frac{1}{4}$ t pepper
Cooking spray

What to do:

1. Wash your hands.
2. Preheat the oven to 325°F.
3. Tear the bread into small pieces.
4. Drain the salmon. Save $\frac{1}{4}$ C of the juice and place in a large bowl.
5. Add the egg, dry milk, onion, salt, pepper, and bread into the bowl with the salmon juice. Mix well.
6. Mash the salmon with a spoon.
7. Add the salmon into the bowl. Mix well.
8. Grease a loaf pan.
9. Put the mix into the loaf pan.
10. Bake for 30 minutes.
11. Cut into 8 slices.
12. Serve warm and enjoy!



This is a picture of 1 serving.

Contains: Milk, Egg, Fish, and Wheat

Nutrition Facts

8 servings per container

Serving size 1 Slice (80g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 370mg 16%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 15g

Vitamin D 9mcg 45%

Calcium 220mg 15%

Iron 1mg 6%

Potassium 311mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 2.3