



Arctic Char Sandwiches with Lemon-Tarragon Slaw

 Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 1.3 cups cabbage-and-carrot coleslaw
- 16 ounce arctic char fillets
- 1 teaspoon dijon mustard
- 1 tablespoon tarragon fresh chopped
- 1 tablespoon juice of lemon fresh
- 2 tablespoons canola mayonnaise organic (such as Spectrum)

- 1 tablespoon olive oil
- 0.4 teaspoon salt divided
- 8 ounce kaiser rolls toasted

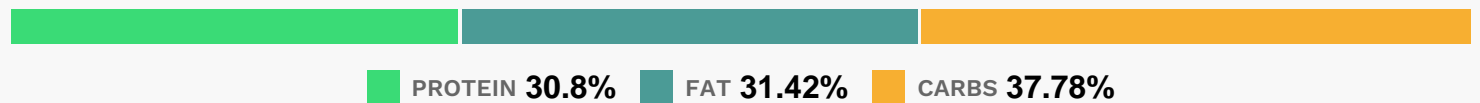
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper evenly over both sides of fish.
- Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.
- Combine coleslaw, remaining 1/8 teaspoon salt, remaining 1/4 teaspoon black pepper, tarragon, mayonnaise, lemon juice, and mustard; toss well. Arrange 1 fillet over bottom half of each roll; top with 1/4 cup slaw and top half of roll.

Nutrition Facts



Properties

Glycemic Index:75.96, Glycemic Load:20.19, Inflammation Score:-10, Nutrition Score:18.213478326797%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 333.65kcal (16.68%), Fat: 11.54g (17.75%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 28.98g (10.54%), Sugar: 5.51g (6.12%), Cholesterol: 51.7mg (17.23%), Sodium: 599.89mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.87%), Vitamin A: 6808.29IU (136.17%), Selenium: 38.25µg (54.65%), Iron: 9.7mg (53.91%), Phosphorus: 253.19mg (25.32%), Vitamin B6: 0.38mg (18.95%), Potassium: 659.72mg (18.85%), Vitamin K: 19.34µg (18.42%), Vitamin B12: 1.04µg (17.34%), Vitamin B3: 2.9mg (14.51%), Manganese: 0.25mg (12.61%), Magnesium: 48.49mg (12.12%), Vitamin E: 1.74mg (11.57%), Fiber: 2.23g (8.91%),

Vitamin B1: 0.12mg (8.08%), Vitamin B2: 0.12mg (7.27%), Vitamin C: 5.83mg (7.06%), Vitamin D: 1.03µg (6.9%), Calcium: 59.23mg (5.92%), Folate: 21.56µg (5.39%), Zinc: 0.7mg (4.66%), Copper: 0.07mg (3.4%), Vitamin B5: 0.31mg (3.07%)