



## BBQ Salmon Bacon Sandwich

 Dairy Free

READY IN



17 min.

SERVINGS



17

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 slices oscar mayer bacon cooked
- 0.5 cup bull's-eye original barbecue sauce divided
- 4 romaine lettuce leaves
- 1 lb salmon fillet skinless
- 4 rolls whole wheat split

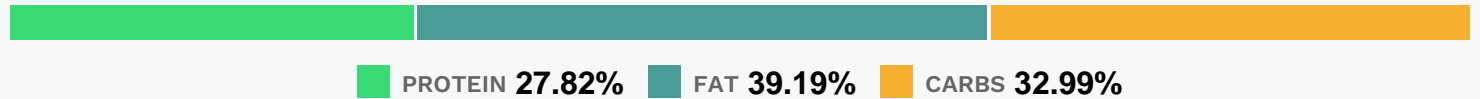
## Equipment

- grill

## Directions

- Preheat greased grill to medium-high heat.
- Brush salmon fillets with 1/4 cup of the barbecue sauce.
- Grill 10 to 12 min. or until fish flakes easily with fork, turning once.
- Spread bottom of rolls with remaining 1/4 cup barbecue sauce. Top each with salmon fillet, bacon slice, lettuce leaf and top half of roll.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:6.5943477808133%

## Flavonoids

Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 102.91kcal (5.15%), Fat: 4.45g (6.85%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 7.82g (2.84%), Sugar: 3.53g (3.93%), Cholesterol: 18.09mg (6.03%), Sodium: 181.67mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.23%), Selenium: 14.28µg (20.4%), Vitamin B12: 0.88µg (14.59%), Vitamin B3: 2.85mg (14.25%), Vitamin B6: 0.25mg (12.65%), Vitamin A: 605.27IU (12.11%), Vitamin B1: 0.13mg (8.69%), Vitamin B2: 0.15mg (8.68%), Phosphorus: 77.39mg (7.74%), Folate: 27.55µg (6.89%), Vitamin K: 7.23µg (6.89%), Manganese: 0.13mg (6.66%), Potassium: 193.72mg (5.53%), Vitamin B5: 0.55mg (5.48%), Copper: 0.1mg (5.05%), Iron: 0.77mg (4.28%), Magnesium: 15.03mg (3.76%), Zinc: 0.37mg (2.48%), Fiber: 0.62g (2.47%), Calcium: 18.47mg (1.85%)