



 **82%**  
HEALTH SCORE

## Blackened Salmon Sandwiches with Cucumber-Ranch Dressing

 Dairy Free  Very Healthy

READY IN



17 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cucumber english thinly sliced
- 0.5 cup cucumber dry english grated pressed
- 12 ounce bread french ( 12 inches long)
- 4 leaf lettuce leaves green
- 0.3 cup ranch dressing low-fat
- 16 ounce tail-end salmon fillets skinless ( 1/)
- 0.3 teaspoon salt

1.5 tablespoons blackened redfish seasoning blend salt-free (such as The Spice Hunter)

## Equipment

frying pan

## Directions

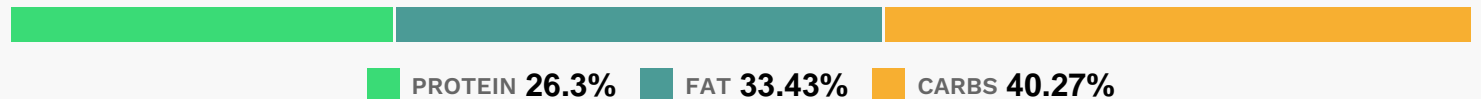
Rub seasoning over fish; sprinkle with salt.

Heat a large nonstick skillet over medium heat; coat pan with cooking spray.

Add fillets. Cook 4 minutes on each side or until fish flakes easily when tested with a fork.

While fish cooks, combine grated cucumber and dressing. Slice bread in half lengthwise; cut into 4 portions. On bottom half of each portion, place 1 lettuce leaf, 1 salmon fillet, 3 cucumber slices, and 2 tablespoons cucumber-ranch dressing. Top with remaining half of bread.

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:34.1, Inflammation Score:-7, Nutrition Score:32.496086973211%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 496.13kcal (24.81%), Fat: 18.41g (28.32%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 45.54g (16.56%), Sugar: 5.43g (6.03%), Cholesterol: 67.57mg (22.52%), Sodium: 889.49mg (38.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.17%), Selenium: 66.73µg (95.33%), Vitamin B3: 13.3mg (66.52%), Vitamin K: 66.33µg (63.17%), Vitamin B12: 3.64µg (60.67%), Vitamin B1: 0.88mg (58.59%), Vitamin B6: 1.09mg (54.56%), Vitamin B2: 0.85mg (49.88%), Manganese: 0.77mg (38.36%), Folate: 148.65µg (37.16%), Phosphorus: 366.47mg (36.65%), Iron: 6.4mg (35.54%), Vitamin B5: 2.43mg (24.34%), Copper: 0.46mg (23%), Potassium: 768.46mg (21.96%), Magnesium: 78.74mg (19.69%), Fiber: 4.34g (17.35%), Calcium: 155.56mg (15.56%), Zinc: 1.83mg (12.23%), Vitamin E: 1.64mg (10.95%), Vitamin A: 241.81IU (4.84%)