

 **60%**
HEALTH SCORE

Cajun Salmon Sandwich with Goat Cheese and Lemon Mayonnaise on Ciabatta

 **Very Healthy**

READY IN

**30 min.**

SERVINGS

**1**

CALORIES

**1645 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 teaspoon cayenne pepper
- 1 ciabatta rolls
- 1 teaspoon crab boil seasoning (recommended: Old Bay)
- 3 ounces goat cheese
- 2 teaspoons sea salt

- 1 teaspoon gumbo file
- 1 tablespoon kosher salt
- 1.5 tablespoons juice of lemon freshly squeezed
- 2 leaves lettuce green
- 4 ounces mayonnaise
- 1 teaspoon onion powder
- 2 teaspoons paprika
- 3 sprigs parsley
- 0.5 onion red sliced thin
- 8 ounces salmon
- 1 serving salt and pepper black freshly ground
- 0.5 tomatoes sliced thin

Equipment

- bowl
- frying pan
- oven
- broiler
- spatula

Directions

- Preheat oven to 350 degrees F.
- Season salmon with Seafood Cajun Seasoning. In a medium saute pan, saute salmon in butter on medium-high heat, fat side down, until golden brown. Using a metal spatula turn salmon over and cook until golden brown.
- Transfer salmon onto a sizzle plate or small sheet tray and place in oven for 4 to 6 minutes.
- Remove from oven and let rest.
- Slice ciabatta roll lengthwise and place under broiler until lightly golden.

- Spread Goat Cheese and Lemon Mayonnaise on roll. Arrange salmon, lettuce, tomatoes and onions on roll.
- In a medium bowl, combine cayenne pepper, kosher salt, paprika, black pepper, garlic, onion powder, gumbo file and crab boil seasoning.
- In a medium bowl, mix goat cheese, mayonnaise, lemon juice, parsley, salt and freshly ground black pepper, to taste.

Nutrition Facts

PROTEIN 17.15%

FAT 71%

CARBS 11.85%

Properties

Glycemic Index:313, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:55.64478307185%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

Nutrients (% of daily need)

Calories: 1645.49kcal (82.27%), Fat: 130.32g (200.49%), Saturated Fat: 35.63g (222.7%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 42.54g (15.47%), Sugar: 7.15g (7.95%), Cholesterol: 241.59mg (80.53%), Sodium: 8498.35mg (369.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.84g (141.68%), Vitamin K: 302.64µg (288.23%), Vitamin A: 7174.24IU (143.48%), Selenium: 90.8µg (129.71%), Vitamin B6: 2.51mg (125.62%), Vitamin B12: 7.53µg (125.56%), Vitamin B3: 19.51mg (97.55%), Phosphorus: 797.59mg (79.76%), Vitamin B2: 1.35mg (79.57%), Copper: 1.42mg (70.76%), Potassium: 1747.35mg (49.92%), Vitamin B5: 4.95mg (49.54%), Vitamin B1: 0.72mg (48.2%), Manganese: 0.96mg (48.08%), Vitamin E: 6.51mg (43.43%), Iron: 6.79mg (37.74%), Vitamin C: 30.2mg (36.61%), Magnesium: 124.97mg (31.24%), Folate: 124.05µg (31.01%), Fiber: 6.37g (25.5%), Calcium: 251.53mg (25.15%), Zinc: 3.3mg (21.99%), Vitamin D: 0.57µg (3.78%)