



HEALTH SCORE

100%

Feel-Good Salmon Sandwich



Gluten Free



Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon brown sugar dark
- ☐ 1 garlic clove
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 teaspoons olive oil

- ☐ 1 teaspoon paprika smoked spanish
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 radicchio leaves
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup walnuts toasted
- ☐ 4 whole-grain rolls toasted

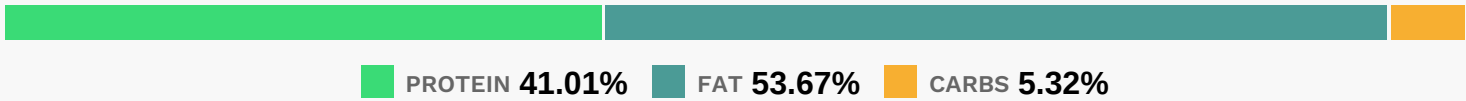
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put spinach, walnuts, garlic clove, Parmesan cheese, lemon juice, 1 tablespoon olive oil, and a dash of salt into a food processor; pulse, scraping down sides of bowl, until smooth.
- ☐ Transfer the pesto to a bowl; cover and chill.
- ☐ Combine paprika, dark brown sugar, crushed red pepper, 1/4 teaspoon salt, and black pepper in a small bowl. Pat dry salmon fillets; sprinkle tops with spice mixture.
- ☐ Heat 1 1/2 teaspoons olive oil in a nonstick skillet over medium-high heat. Reduce heat to medium; cook fish 7 minutes on both sides or until golden and cooked through. Split rolls in half; spread 1 tablespoon pesto on each bottom, and top with 1 fillet and 1 radicchio leaf.
- ☐ Add tops of rolls.
- ☐ Serve with extra pesto.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:38.658695224187%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg 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 Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 361.92kcal (18.1%), Fat: 21.52g (33.11%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.09g (1.12%), Sugar: 1.51g (1.68%), Cholesterol: 95.73mg (31.91%), Sodium: 310.55mg (13.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.98%), Vitamin K: 211.94µg (201.85%), Selenium: 63.94µg (91.34%), Vitamin B12: 5.44µg (90.71%), Vitamin A: 4363.21IU (87.26%), Vitamin B6: 1.54mg (77.07%), Vitamin B3: 13.84mg (69.2%), Vitamin B2: 0.76mg (44.44%), Phosphorus: 406.21mg (40.62%), Manganese: 0.7mg (35.09%), Folate: 134.02µg (33.51%), Potassium: 1134.41mg (32.41%), Copper: 0.61mg (30.56%), Vitamin B1: 0.45mg (29.86%), Vitamin B5: 2.94mg (29.37%), Magnesium: 97.28mg (24.32%), Vitamin C: 13.81mg (16.75%), Iron: 2.93mg (16.3%), Vitamin E: 1.87mg (12.47%), Zinc: 1.69mg (11.29%), Calcium: 96.64mg (9.66%), Fiber: 1.71g (6.84%)