



Grilled Salmon Club

 Dairy Free

READY IN



52 min.

SERVINGS



30

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 0.3 cup bread
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 8 slices bread
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 pounds salmon fillet with skin
- ☐ 30 servings salt and pepper

- ☐ 1.5 teaspoons sesame oil toasted
- ☐ 0.5 teaspoon sesame seed
- ☐ 1.5 teaspoons sriracha
- ☐ 2 large tomatoes thinly sliced

Equipment

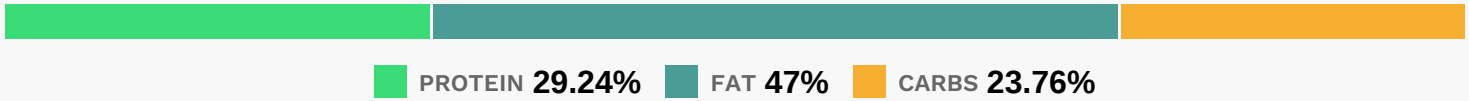
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ grill pan
- ☐ cutting board
- ☐ kitchen scale

Directions

- ☐ When you buy salmon, ask fishmonger to remove skin and package it up for you.
- ☐ Cut salmon flesh into 4 pieces and rub with 1/2 tsp. sesame oil. Season with salt and pepper.
- ☐ Let stand at room temperature for 20 minutes.
- ☐ Preheat oven to 400F. Line a small baking sheet with foil and lightly grease foil.
- ☐ Place salmon skin scale-side up in a single layer on baking sheet (cut in half to fit, if needed); rub with 1/2 tsp. sesame oil.
- ☐ Sprinkle with sesame seeds and season with a pinch of salt. Roast until skin is crispy and golden, about 15 minutes.
- ☐ Transfer salmon skin to a paper towel-lined plate to drain.
- ☐ Cut crosswise into baconlike strips.
- ☐ Preheat broiler.

- ☐ Brush bread with olive oil; broil until lightly browned, 45 to 60 seconds per side. In a bowl, mix mayonnaise with sriracha, lemon juice and remaining sesame oil.
- ☐ Preheat a grill pan over medium-high heat. Grill salmon, turning once, until just cooked through, 5 to 6 minutes.
- ☐ Transfer to a paper towel-lined plate and pat dry.
- ☐ Arrange bread on a cutting board and spread with sriracha mayonnaise. On 4 slices, arrange tomatoes, pickles, salmon, arugula and salmon-skin bacon. Close sandwiches and serve right away.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:2.57, Inflammation Score:-2, Nutrition Score:5.3939131402775%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 79.99kcal (4%), Fat: 4.14g (6.37%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.01g (1.46%), Sugar: 0.81g (0.9%), Cholesterol: 13.26mg (4.42%), Sodium: 264.82mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Selenium: 10.83µg (15.47%), Vitamin B12: 0.72µg (12.06%), Vitamin B3: 2.3mg (11.51%), Vitamin B6: 0.22mg (10.77%), Manganese: 0.21mg (10.31%), Phosphorus: 67.97mg (6.8%), Vitamin B2: 0.11mg (6.33%), Vitamin B1: 0.09mg (6.28%), Vitamin K: 6.59µg (6.27%), Potassium: 167.29mg (4.78%), Vitamin B5: 0.47mg (4.65%), Copper: 0.09mg (4.33%), Magnesium: 15.26mg (3.81%), Folate: 13.77µg (3.44%), Vitamin A: 143.6IU (2.87%), Iron: 0.51mg (2.84%), Fiber: 0.7g (2.8%), Vitamin C: 2.08mg (2.52%), Zinc: 0.33mg (2.2%), Calcium: 21.33mg (2.13%), Vitamin E: 0.28mg (1.87%)