



Grilled Salmon Sandwiches with Chipotle Mayo

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



1299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving canola oil
- 10 oz salmon fillet
- 2 tablespoons agave nectar blue
- 1 serving salt and pepper
- 1 cup arugula
- 2 portugese rolls split
- 1 chipotles in adobo

- 1 tablespoon chiles in adobo sauce
- 0.3 cup cilantro leaves fresh
- 1 cup mayonnaise
- 2 tablespoons juice of lime fresh
- 1 serving salt and pepper

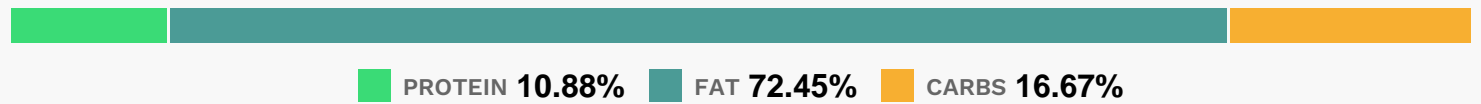
Equipment

- food processor

Directions

- In food processor, place chipotle pepper, adobo sauce and cilantro. Cover; process, using quick on-and-off motions, until cilantro is roughly chopped.
- Add mayonnaise and lime juice. Process, using quick on-and-off motions until blended. Salt and pepper to taste.
- Serve immediately or refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:25.75, Inflammation Score:-6, Nutrition Score:31.429565274197%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 1299.2kcal (64.96%), Fat: 104.03g (160.04%), Saturated Fat: 15.28g (95.51%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 51.58g (18.75%), Sugar: 20.41g (22.68%), Cholesterol: 125mg (41.67%), Sodium: 2808.39mg (122.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.16g (70.31%), Vitamin K: 210.16µg (200.15%), Selenium: 55µg (78.58%), Vitamin B12: 4.64µg (77.37%), Iron: 12.7mg (70.57%), Vitamin B6: 1.23mg

(61.68%), Vitamin B3: 11.4mg (57.01%), Vitamin E: 5.47mg (36.48%), Vitamin B2: 0.61mg (35.96%), Phosphorus: 318.91mg (31.89%), Vitamin B5: 2.62mg (26.25%), Vitamin B1: 0.37mg (24.68%), Potassium: 799.54mg (22.84%), Copper: 0.4mg (19.83%), Folate: 60.59µg (15.15%), Vitamin C: 10.63mg (12.89%), Magnesium: 50.93mg (12.73%), Vitamin A: 529.34IU (10.59%), Fiber: 2.25g (9%), Zinc: 1.17mg (7.8%), Calcium: 63.2mg (6.32%), Manganese: 0.08mg (3.77%), Vitamin D: 0.22µg (1.49%)