

Kippers and Bits

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 4 oz avocado thinly sliced
- ☐ 4 slices beefsteak tomatoes thick
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 tsp juice of lemon
- ☐ 0.1 tsp lemon zest
- ☐ 4 leaves the of 1 cos lettuce crisp (such as Boston, romaine or Bibb)
- ☐ 2 tbsp mayonnaise low-fat
- ☐ 4 slices bread

- ☐ 1 tbsp nonfat greek yogurt
- ☐ 4 slices onion thin
- ☐ 6.5 oz frangelico drained canned
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Equipment

Directions

- ☐ Combine the mayonnaise, yogurt, lemon zest and juice. Set aside.
- ☐ Toast the bread. To assemble the sandwiches, place the bread on a work surface and spread with the lemony sauce. Top with 1 leaf of lettuce (fold it if necessary), 1 slice of tomato, 1 slice of onion, one-fourth of the kipper filets and 1 ounce/28 grams of the avocado. Season with freshly ground black pepper.
- ☐ Kippers on toast is a classic meal in Great Britain and Ireland, while sardines are more popular in Scandinavia. Either fish works in this recipe, and if you have leftovers, toss them into eggs, a salad or a red sauce for a punch of flavor!
- ☐ Per Sandwich: Calories 380, protein 17 g, total fat 19 g, carbohydrates 37 g, sodium 690 mg, fiber 12 g
- ☐ The Truly Healthy Family Cookbook
- ☐ Reprinted with permission from The Truly Healthy Family Cookbook: Mega-nutritious Meals that are Inspired, Delicious and Fad-free by Tina Ruggiero, M.S., R.D., photography by Bill Bettencourt. Copyright © 2013 Tina Ruggiero. First published in 2013 by Page Street Publishing.

Nutrition Facts



Properties

Glycemic Index:44.92, Glycemic Load:7.47, Inflammation Score:-9, Nutrition Score:12.1826087055%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 145.4kcal (7.27%), Fat: 6.83g (10.51%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 13.1g (4.77%), Sugar: 2.89g (3.21%), Cholesterol: 1.31mg (0.44%), Sodium: 190.67mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin A: 2495.2IU (49.9%), Vitamin K: 40.88µg (38.93%), Manganese: 0.71mg (35.35%), Folate: 76.99µg (19.25%), Fiber: 4.34g (17.36%), Selenium: 8.08µg (11.54%), Vitamin B1: 0.16mg (10.44%), Vitamin B3: 1.86mg (9.29%), Phosphorus: 92.94mg (9.29%), Magnesium: 35.88mg (8.97%), Vitamin B6: 0.18mg (8.83%), Potassium: 305.86mg (8.74%), Copper: 0.14mg (7.13%), Vitamin B2: 0.12mg (6.83%), Iron: 1.21mg (6.71%), Calcium: 66.37mg (6.64%), Vitamin B5: 0.66mg (6.6%), Vitamin C: 5.33mg (6.46%), Vitamin E: 0.94mg (6.26%), Zinc: 0.79mg (5.24%)