



Lemon-Salmon Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup cucumber thinly sliced
- 1 large optional: lemon
- 0.3 cup mayonnaise light
- 14 ounce salmon
- 1 ounce bread white

Equipment

- bowl

Directions

- Finely grate 1 teaspoon lemon rind; squeeze 3 tablespoons juice from lemon over a medium bowl.
- Add rind, mayonnaise, and pepper to bowl; stir well.
- Let stand 5 minutes.
- Add salmon to bowl; stir until well blended.
- Layer cucumber evenly over 4 bread slices; top each with about 1/2 cup salmon mixture. Top with remaining 4 bread slices.

Nutrition Facts



Properties

Glycemic Index:36.82, Glycemic Load:3.02, Inflammation Score:-4, Nutrition Score:16.597826128421%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 204.8kcal (10.24%), Fat: 9.78g (15.05%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 6.84g (2.49%), Sugar: 1.9g (2.11%), Cholesterol: 56.81mg (18.94%), Sodium: 194.33mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.75%), Selenium: 38.37µg (54.81%), Vitamin B12: 3.16µg (52.59%), Vitamin B6: 0.85mg (42.67%), Vitamin B3: 8.18mg (40.88%), Vitamin B2: 0.41mg (23.89%), Phosphorus: 218.51mg (21.85%), Vitamin B1: 0.28mg (18.67%), Vitamin C: 15.11mg (18.31%), Vitamin B5: 1.81mg (18.12%), Potassium: 573.32mg (16.38%), Copper: 0.29mg (14.53%), Folate: 39.74µg (9.93%), Vitamin K: 9.74µg (9.27%), Magnesium: 36.55mg (9.14%), Iron: 1.29mg (7.18%), Manganese: 0.12mg (5.85%), Zinc: 0.77mg (5.13%), Fiber: 1.16g (4.63%), Calcium: 39.32mg (3.93%), Vitamin E: 0.37mg (2.49%), Vitamin A: 74.82IU (1.5%)