



Open-Faced Salmon BLTs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices precooked hickory-smoked bacon (such as Jimmy Dean)
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 4 ounce diagonally bread french toasted cut
- ☐ 1.5 teaspoons optional: dill fresh minced
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 4 leaf lettuce leaves green
- ☐ 0.3 cup mayonnaise light
- ☐ 12 ounce salmon fillet ()

☐ 4 slices tomatoes cut in half

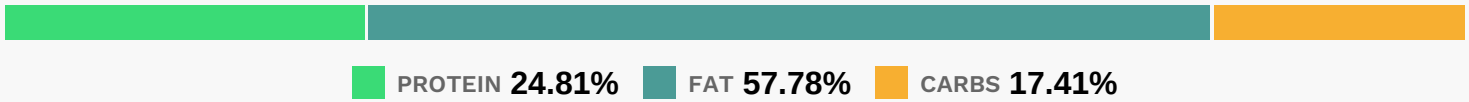
Equipment

- ☐ broiler
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Microwave bacon slices according to package directions; set aside.
- ☐ While bacon cooks, sprinkle fish with 1/8 teaspoon pepper.
- ☐ Place fish, skin sides down, on a broiler pan coated with cooking spray. Broil 10 to 13 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove skin from fish, and cut fish into chunks.
- ☐ While fish cooks, combine mayonnaise, lemon juice, dill, and remaining 1/8 teaspoon pepper.
- ☐ Spread 1 tablespoon dill mayonnaise on each French bread slice; top with 1 lettuce leaf, 2 tomato halves, 2 slices bacon, and one-fourth of salmon chunks.
- ☐ Drizzle remaining dill mayonnaise evenly over each sandwich.
- ☐ Serve with: Tomato and Cucumber Salad

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:11.63, Inflammation Score:-5, Nutrition Score:19.544347913369%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 421.26kcal (21.06%), Fat: 26.72g (41.11%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 17.11g (6.22%), Sugar: 2.67g (2.97%), Cholesterol: 78.06mg (26.02%), Sodium: 616.88mg (26.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.65%), Selenium: 48.38µg (69.11%), Vitamin B3: 9.99mg (49.97%), Vitamin B12: 2.92µg (48.74%), Vitamin B6: 0.87mg (43.44%), Vitamin B1: 0.53mg (35.22%), Vitamin B2: 0.49mg (28.65%), Phosphorus: 272.77mg (27.28%), Vitamin B5: 1.8mg (17.97%), Potassium: 615.03mg (17.57%), Folate: 62.32µg (15.58%), Copper: 0.3mg (14.78%), Iron: 2.09mg (11.61%), Manganese: 0.22mg (10.92%), Vitamin K: 11.31µg (10.78%), Magnesium: 42.97mg (10.74%), Zinc: 1.42mg (9.47%), Vitamin C: 6mg (7.27%), Vitamin A: 362.97IU (7.26%), Vitamin E: 0.71mg (4.75%), Fiber: 1.01g (4.04%), Calcium: 32.02mg (3.2%), Vitamin D: 0.18µg (1.17%)