



Open-Faced Smoked Salmon Sandwich

READY IN



17 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bibb lettuce leaves cut in half
- ☐ 3 inch cucumber
- ☐ 3 tablespoons dijon mustard
- ☐ 1 teaspoon chives fresh minced
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon flat-leaf parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 large hard-cooked egg whites chopped

- ☐ 2 teaspoons honey
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 teaspoon yogurt plain low-fat
- ☐ 6 inch plum tomatoes
- ☐ 6 ounce cocktail rye bread
- ☐ 12 ounces cold-smoked salmon cut into thin strips
- ☐ 1 tablespoon water

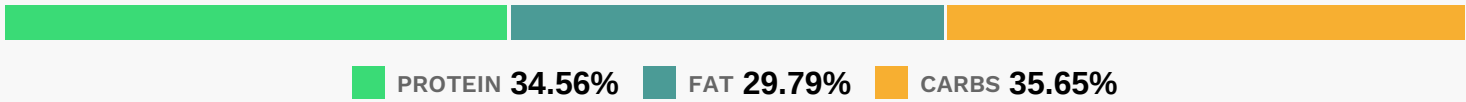
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a bowl.
- ☐ Combine mustard and next 3 ingredients (through honey); stir with a whisk.
- ☐ Spread 2 tablespoons cheese mixture over each bread slice. Top each with 2 lettuce halves, 2 ounces salmon, 4 tomato slices, and 4 cucumber slices.
- ☐ Drizzle each sandwich with 2 teaspoons mustard mixture; sprinkle with 2 tablespoons egg whites.
- ☐ Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:59.43, Glycemic Load:7.43, Inflammation Score:-7, Nutrition Score:16.336522029794%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 194.84kcal (9.74%), Fat: 6.36g (9.79%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 14.9g (5.42%), Sugar: 3.73g (4.15%), Cholesterol: 106.37mg (35.46%), Sodium: 731.2mg (31.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.21%), Vitamin D: 10.25µg (68.3%), Selenium: 37.61µg (53.72%), Vitamin B12: 2.13µg (35.56%), Vitamin B3: 3.9mg (19.49%), Phosphorus: 188.66mg (18.87%), Vitamin B2: 0.3mg (17.76%), Manganese: 0.33mg (16.46%), Vitamin K: 16.86µg (16.06%), Vitamin A: 735.9IU (14.72%), Folate: 56.09µg (14.02%), Vitamin B6: 0.24mg (11.92%), Vitamin B1: 0.18mg (11.91%), Iron: 1.98mg (11.01%), Vitamin B5: 1.03mg (10.33%), Copper: 0.2mg (10.1%), Fiber: 2.24g (8.96%), Vitamin E: 1.19mg (7.9%), Magnesium: 31.12mg (7.78%), Potassium: 242.36mg (6.92%), Zinc: 0.88mg (5.85%), Calcium: 55.09mg (5.51%), Vitamin C: 2.14mg (2.59%)