



Open-Faced Smoked Salmon Sandwiches

READY IN



12 min.

SERVINGS



4

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

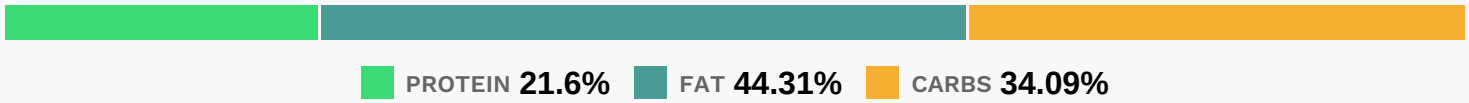
- ☐ 1 cup alfalfa sprouts
- ☐ 4 servings dill cream cheese spread
- ☐ 4 ounce pumpernickel bread toasted
- ☐ 2 inch onion red
- ☐ 4 ounces salmon smoked thinly sliced

Equipment

Directions

- ☐
- Spread 1 tablespoon Dill Cream Cheese
- ☐
- Spread over each of 4 bread slices. Top each with 1 ounce salmon, 2 onion slices, and 1/4 cup sprouts.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:8.674782646739%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 185.81kcal (9.29%), Fat: 9.1g (13.99%), Saturated Fat: 4.85g (30.32%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 13.72g (4.99%), Sugar: 1.21g (1.35%), Cholesterol: 26.36mg (8.79%), Sodium: 540.25mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.95%), Vitamin D: 4.85µg (32.32%), Selenium: 16.19µg (23.12%), Manganese: 0.39mg (19.6%), Vitamin B12: 0.92µg (15.4%), Vitamin B3: 2.26mg (11.28%), Phosphorus: 103.1mg (10.31%), Fiber: 2.02g (8.08%), Copper: 0.16mg (8%), Folate: 30.14µg (7.54%), Vitamin B2: 0.13mg (7.4%), Vitamin B1: 0.11mg (7.07%), Vitamin A: 341.48IU (6.83%), Calcium: 63.73mg (6.37%), Iron: 1.14mg (6.31%), Vitamin B6: 0.12mg (5.94%), Magnesium: 22.77mg (5.69%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.59mg (3.9%), Vitamin E: 0.5mg (3.36%), Potassium: 116.95mg (3.34%), Vitamin K: 2.78µg (2.64%)