



Salmon and Guacamole Sandwiches

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces applewood-smoked bacon
- 2 avocados ripe peeled seeded
- 4 servings baby arugula leaves
- 4 individual ciabatta rolls
- 1 teaspoon garlic minced
- 1 tablespoon jalapeno minced seeded
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup juice of lime freshly squeezed (2 limes)

- 4 servings olive oil good
- 0.3 cup onion red minced
- 24 ounce salmon fillet
- 4 scallions white green chopped

Equipment

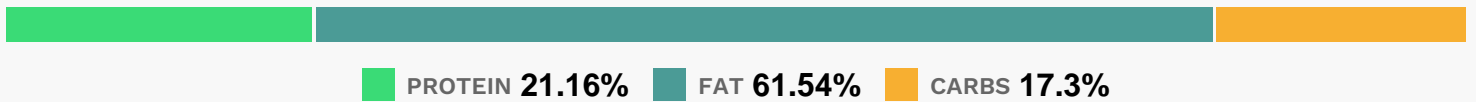
- frying pan
- paper towels
- oven
- mixing bowl
- aluminum foil
- spatula

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees.
- Place a baking rack on a sheet pan and lay the bacon on the rack. Roast for 15 to 20 minutes, until browned.
- Remove to a plate lined with paper towels.
- Meanwhile, prepare the guacamole.
- Place the avocados, lime juice, scallions, red onion, jalapeno pepper, garlic, 1 teaspoon salt, and 1/2 teaspoon pepper in a mixing bowl and mash roughly together with a fork. Taste for seasoning; it should be very highly seasoned. Set aside.
- When the bacon is done, heat a dry cast-iron skillet over high heat for 5 minutes. Pat the salmon fillets dry with paper towels, brush them all over -- top and bottom -- with olive oil, and sprinkle generously with salt and pepper.
- Place the fillets in the skillet skin side up and allow them to cook without disturbing them for 2 minutes exactly. With a metal spatula, carefully turn the fillets and cook for 2 more minutes.
- Transfer the skillet to the oven for 2 minutes (time it carefully!).

- Remove the salmon to a plate and cover it tightly with aluminum foil. Allow it to rest for 10 minutes.
- While the salmon rests, cut the ciabatta rolls in half crosswise, place them cut side up on a sheet pan, and toast in the oven for 5 to 10 minutes, until lightly toasted.
- To assemble the sandwiches, place the bottoms of the ciabatta rolls on a board and spread each with 2 rounded tablespoons of guacamole.
- Remove the skin from the salmon fillets, cut each fillet in half crosswise, and place both halves on top of the guacamole.
- Add 2 slices of bacon, a handful of arugula, and a sprinkling of salt.
- Spread another rounded tablespoon of guacamole on the underside of the top bread and place on top. Continue arranging all the sandwiches.
- Cut each sandwich in half diagonally and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:40.128260622854%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 907.35kcal (45.37%), Fat: 62.58g (96.28%), Saturated Fat: 13.53g (84.55%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 31.37g (11.41%), Sugar: 1.99g (2.21%), Cholesterol: 130.97mg (43.66%), Sodium: 737.49mg (32.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.42g (96.83%), Selenium: 74.18µg (105.97%), Vitamin B12: 5.69µg (94.88%), Vitamin B6: 1.86mg (92.91%), Vitamin B3: 17.58mg (87.9%), Vitamin K:

66.27µg (63.12%), Vitamin B2: 0.85mg (49.98%), Phosphorus: 491.04mg (49.1%), Vitamin B5: 4.64mg (46.42%), Potassium: 1549.26mg (44.26%), Vitamin B1: 0.63mg (42.05%), Folate: 145.77µg (36.44%), Copper: 0.67mg (33.54%), Fiber: 8.2g (32.79%), Vitamin E: 4.62mg (30.8%), Vitamin C: 23.76mg (28.81%), Magnesium: 95.51mg (23.88%), Zinc: 2.54mg (16.93%), Iron: 2.61mg (14.52%), Manganese: 0.27mg (13.6%), Vitamin A: 641.49IU (12.83%), Calcium: 66.75mg (6.68%), Vitamin D: 0.23µg (1.51%)