



Salmon BLT

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices country bread whole-wheat white (or)
- ☐ 1 pinch cayenne pepper
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1.5 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 4 lettuce leaves
- ☐ 2 teaspoons olive oil
- ☐ 10 ounces salmon skinless cut into 4 fillets,
- ☐ 4 slices center-cut bacon

☐ 8 slices tomatoes

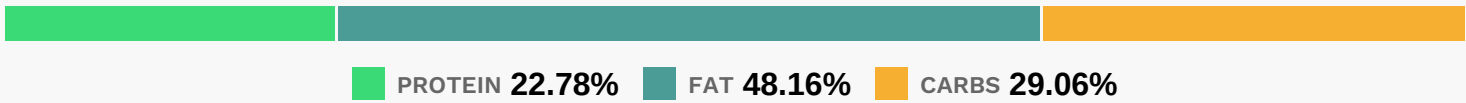
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ stove

Directions

- ☐ Combine mayonnaise, lemon zest, juice and cayenne in a bowl; set aside. Cook bacon in a nonstick skillet over medium heat until crispy, about 6 to 8 minutes; remove skillet from heat and transfer bacon to a plate lined with paper towels.
- ☐ Drain.
- ☐ Pour off all fat and wipe skillet clean; add oil. Return skillet to stove and heat to medium high; add salmon. Cook until fillets are no longer translucent in the center, 2 to 3 minutes per side. Toast bread and spread 4 slices with mayonnaise mix.
- ☐ Place 1 lettuce leaf, 2 slices tomato, 1 fillet and 1 piece bacon on top of each; close; cut in half; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:14.85, Inflammation Score:-9, Nutrition Score:24.279565269532%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 448.06kcal (22.4%), Fat: 23.83g (36.66%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 28.88g (10.5%), Sugar: 6.43g (7.14%), Cholesterol: 64.04mg (21.35%), Sodium: 657.67mg (28.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.72%), Selenium: 49.43µg (70.61%), Vitamin B3: 10.57mg (52.86%), Vitamin A: 2280.33IU (45.61%), Manganese: 0.82mg (41.01%), Vitamin B12: 2.43µg (40.56%), Vitamin B6: 0.81mg (40.36%), Vitamin B1: 0.53mg (35.63%), Phosphorus: 286.75mg (28.68%), Vitamin B2: 0.48mg (28.05%), Folate: 83µg (20.75%), Potassium: 682.39mg (19.5%), Vitamin B5: 1.89mg (18.9%), Iron: 3.13mg (17.38%), Vitamin C: 13.22mg (16.02%), Copper: 0.31mg (15.54%), Magnesium: 57.41mg (14.35%), Fiber: 3.47g (13.87%), Vitamin K: 11.8µg (11.24%), Zinc: 1.61mg (10.74%), Calcium: 96.05mg (9.61%), Vitamin E: 0.93mg (6.2%)