



Salmon Club Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 8.5 inch sandwich bread white sourdough or country-style (each 5x3 inches)
- 5 tablespoons basil fresh minced
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest grated
- 8 romaine leaves
- 6 tablespoons mayonnaise
- 3 tablespoons olive oil

- 1 small onion red sliced
- 20 ounce salmon fillet skinless (each 3/)
- 8 slices tomato

Equipment

- bowl
- frying pan
- paper towels
- grill
- tongs
- glass baking pan

Directions

- Mix mayonnaise, 2 tablespoons basil and lemon peel in small bowl to blend. (Can be made 1 day ahead. Cover and chill.)
- Mix remaining 3 tablespoons basil, olive oil and lemon juice in large glass baking dish.
- Add salmon to oil mixture; turn to coat. Cover; chill 1 to 4 hours.
- Cook bacon in heavy large skillet over medium-high heat until crisp. Using tongs, transfer bacon to paper towels to drain.
- Add onion to drippings in skillet. Sauté until onion is tender and beginning to brown, about 5 minutes.
- Prepare barbecue (medium-high heat). Grill fish until just opaque in center, about 3 minutes per side. Grill bread just until golden, about 2 minutes per side.
- Spread mayonnaise mixture over 1 side of bread slices. Top each of 4 bread slices with 2 bacon slices, 2 tomato slices, 1/4 of onion, 1 salmon fillet and 2 lettuce leaves. Cover with remaining bread slices.

Nutrition Facts

  
 PROTEIN 21.76%  FAT 73.41%  CARBS 4.83%

Properties

Glycemic Index:64.94, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:31.760000508765%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 655.15kcal (32.76%), Fat: 52.91g (81.4%), Saturated Fat: 11.21g (70.04%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 6.63g (2.41%), Sugar: 2.23g (2.48%), Cholesterol: 115.82mg (38.61%), Sodium: 527.76mg (22.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.57%), Selenium: 62.76µg (89.65%), Vitamin B12: 4.75µg (79.21%), Vitamin A: 3790.16IU (75.8%), Vitamin B6: 1.37mg (68.61%), Vitamin B3: 13.43mg (67.16%), Vitamin K: 51.2µg (48.77%), Vitamin B2: 0.65mg (38.23%), Phosphorus: 381.5mg (38.15%), Vitamin B1: 0.53mg (35.65%), Vitamin B5: 2.72mg (27.15%), Potassium: 942.35mg (26.92%), Copper: 0.41mg (20.31%), Vitamin E: 2.59mg (17.26%), Folate: 68.76µg (17.19%), Vitamin C: 13.5mg (16.36%), Magnesium: 59.16mg (14.79%), Manganese: 0.27mg (13.59%), Iron: 2.18mg (12.11%), Zinc: 1.67mg (11.17%), Calcium: 61.51mg (6.15%), Fiber: 1.2g (4.8%), Vitamin D: 0.22µg (1.45%)