

Salmon Roll-Ups

READY IN



45 min.

SERVINGS



12

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz salmon flaked drained canned
- 2 Tbsp optional: dill fresh divided chopped
- 1 Tbsp juice of lemon
- 2 Tbsp butter melted
- 0.3 cup miracle whip dressing light
- 12 slices bread whole wheat

Equipment

- baking sheet

- oven
- rolling pin

Directions

- Heat oven to 350F.
- Trim and discard crusts from bread. Flatten bread with rolling pin to 1/4-inch thickness.
- Mix salmon, dressing, 1 Tbsp. dill and lemon juice until blended.
- Spread 1 heaping tablespoonful salmon mixture onto half of each bread slice; roll up.
- Cut crosswise in half; place, cut sides down, on baking sheet.
- Brush with margarine; sprinkle with remaining dill.
- Bake 15 min. or until lightly browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:7.24, Inflammation Score:-2, Nutrition Score:7.1582607989726%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 112.22kcal (5.61%), Fat: 3.73g (5.74%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 11.22g (4.08%), Sugar: 1.81g (2.01%), Cholesterol: 12.24mg (4.08%), Sodium: 243.92mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Manganese: 0.6mg (30.16%), Selenium: 12.82µg (18.32%), Vitamin D: 2.06µg (13.7%), Vitamin B12: 0.7µg (11.73%), Vitamin B3: 2.29mg (11.47%), Phosphorus: 114.03mg (11.4%), Calcium: 86.99mg (8.7%), Vitamin B1: 0.11mg (7.59%), Fiber: 1.79g (7.14%), Magnesium: 26.28mg (6.57%), Iron: 0.84mg (4.65%), Vitamin B2: 0.08mg (4.49%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.08mg (3.81%), Copper: 0.08mg (3.76%), Potassium: 122.56mg (3.5%), Folate: 12.7µg (3.18%), Vitamin B5: 0.28mg (2.76%), Vitamin E:

0.41mg (2.71%), Vitamin K: 2.2 μ g (2.09%), Vitamin A: 102.4IU (2.05%)