



Salmon Salad Sandwiches on Ciabatta



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings arugula
- ☐ 4 squares ciabatta bread
- ☐ 2 green onions finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 14 ounces grilled salmon fillets skinless flaked

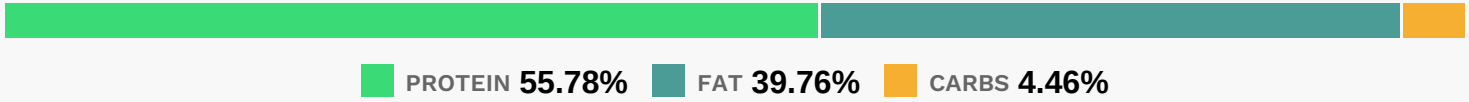
Equipment

- ☐ bowl

Directions

- ☐ Place first 4 ingredients in medium bowl; stir in mayonnaise to taste. Season with salt and pepper. Halve each bread square horizontally. Top 4 pieces with arugula, then salmon; cover with remaining bread.
- ☐ Per serving: 566.5 kcal calories, 56.3 % calories from fat, 35.4 g fat, 4.8 g saturated fat,
- ☐ 7 mg cholesterol,
- ☐ 3 g carbohydrates,
- ☐ 2 g total sugars,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 16, Glycemic Load: 0.16, Inflammation Score: -5, Nutrition Score: 15.735217392445%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 148.67kcal (7.43%), Fat: 6.39g (9.82%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.46g (0.51%), Cholesterol: 54.57mg (18.19%), Sodium: 52.29mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Vitamin B12: 3.16µg (52.59%), Selenium: 36.29µg (51.84%), Vitamin B6: 0.83mg (41.26%), Vitamin B3: 7.87mg (39.33%), Vitamin B2: 0.39mg (23.02%), Vitamin K: 23.32µg (22.21%), Phosphorus: 206.23mg (20.62%), Vitamin B5: 1.71mg (17.06%), Potassium: 544.32mg (15.55%), Vitamin B1: 0.23mg (15.54%), Copper: 0.26mg (13.08%), Folate: 39.16µg (9.79%), Magnesium: 34.97mg (8.74%), Vitamin A: 337.28IU (6.75%), Iron: 1.04mg (5.75%), Vitamin C: 4.72mg (5.73%), Zinc: 0.71mg (4.72%), Calcium: 33.12mg (3.31%), Manganese: 0.06mg (2.9%), Fiber: 0.39g (1.57%)