



## Salmon Sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 bibb lettuce leaves
- 2 tsp capers
- 2 tsp dill weed
- 4 slices bread italian toasted
- 0.5 tsp lemon zest
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 0.5 lb broiled salmon fillets flaked

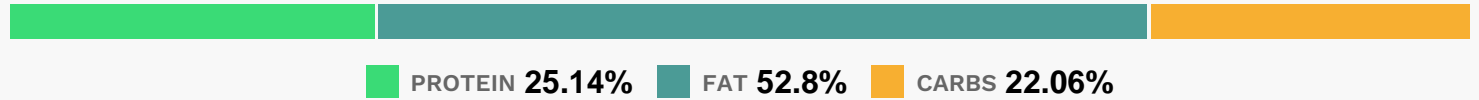
## Equipment

bowl

## Directions

- Mix first 4 ingredients in medium bowl until well blended.
- Add fish; mix lightly.
- Fill toast slices with lettuce and fish mixture to make 2 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:20.793043457943%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

## Nutrients (% of daily need)

Calories: 422.18kcal (21.11%), Fat: 24.5g (37.7%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 21.18g (7.7%), Sugar: 13.17g (14.63%), Cholesterol: 64.61mg (21.54%), Sodium: 371.05mg (16.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.51%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.96µg (59.95%), Vitamin B3: 10.84mg (54.19%), Vitamin B6: 0.95mg (47.7%), Vitamin K: 38.7µg (36.86%), Vitamin B2: 0.49mg (28.76%), Phosphorus: 253.92mg (25.39%), Vitamin B1: 0.33mg (22.08%), Vitamin A: 1059.49IU (21.19%), Potassium: 720.53mg (20.59%), Vitamin B5: 1.94mg (19.43%), Folate: 76.68µg (19.17%), Copper: 0.3mg (14.95%), Iron: 2.18mg (12.13%), Magnesium: 44.66mg (11.16%), Fiber: 1.85g (7.4%), Zinc: 0.88mg (5.89%), Manganese: 0.08mg (3.78%), Calcium: 26.63mg (2.66%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.93mg (2.33%)