



Salmon Sandwiches

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 ounce bread whole-wheat 100% toasted
- ☐ 0.5 cup cucumber peeled chopped
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 0.5 cup greek yogurt plain fat-free
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon olive oil

- ☐ 24 ounce salmon fillet wild skinless ()
- ☐ 0.3 teaspoon salt divided
- ☐ 0.5 cup watercress trimmed

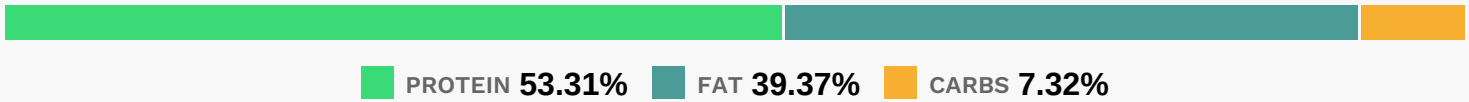
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Place fish in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Drizzle with olive oil; sprinkle with 1/8 teaspoon salt and black pepper.
- ☐ Bake at 450 for 8 minutes or until desired degree of doneness.
- ☐ Combine remaining 1/8 teaspoon salt, cucumber, and next 4 ingredients (through red pepper).
- ☐ Place one fillet on each of 4 bread slices; top with 1/4 cup sauce, 2 tablespoons watercress, and 1 bread slice.
- ☐ Sustainable Choice: Wild Alaskan salmon is available for a few months. If unavailable, buy frozen Alaskan salmon.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:26.509130312049%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 289.29kcal (14.46%), Fat: 12.26g (18.86%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.53g (1.7%), Cholesterol: 94.8mg (31.6%), Sodium: 265.25mg (11.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.35g (74.69%), Selenium: 66.67µg (95.24%), Vitamin B12: 5.58µg (93.07%), Vitamin B6: 1.43mg (71.68%), Vitamin B3: 13.86mg (69.31%), Vitamin B2: 0.75mg (44.01%), Phosphorus: 390.77mg (39.08%), Vitamin B5: 3.03mg (30.33%), Vitamin B1: 0.43mg (28.66%), Potassium: 927.17mg (26.49%), Copper: 0.46mg (23.04%), Magnesium: 59.23mg (14.81%), Folate: 55.01µg (13.75%), Vitamin K: 12.92µg (12.31%), Iron: 1.76mg (9.79%), Zinc: 1.35mg (8.97%), Manganese: 0.16mg (8.05%), Calcium: 68.11mg (6.81%), Vitamin A: 296.37IU (5.93%), Vitamin C: 3.79mg (4.59%), Fiber: 0.56g (2.25%), Vitamin E: 0.23mg (1.54%)