



Salmon Sandwiches with Chimichurri Mayonnaise

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small bread baguette french
- 0.3 cup cilantro leaves finely chopped
- 1 tsp pepper red crushed
- 1 cucumber thinly sliced
- 0.3 cup parsley fresh finely chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 1 tsp juice of lime

- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup onions finely chopped
- 1.5 lb salmon fillet skinless

Equipment

- frying pan

Directions

- Heat 2 Tbsp. of the dressing in large skillet.
- Add fish; cook 4 min. on each side or until fish flakes easily with fork and golden brown on both sides.
- Meanwhile, mix remaining 2 Tbsp. dressing, the parsley, cilantro, onions, mayo, red pepper and lime juice.
- Spread mayo mixture onto bread slices. Fill evenly with fish and cucumbers.

Nutrition Facts

PROTEIN 35.38% **FAT 55.48%** **CARBS 9.14%**

Properties

Glycemic Index:11.82, Glycemic Load:0.73, Inflammation Score:-2, Nutrition Score:6.3191304948667%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 82.01kcal (4.1%), Fat: 4.96g (7.63%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.72g (0.8%), Cholesterol: 19.89mg (6.63%), Sodium: 74.09mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.23%), Vitamin K: 20.34µg (19.37%), Selenium: 13.05µg (18.64%), Vitamin B12: 1.09µg (18.09%), Vitamin B6: 0.3mg (14.77%), Vitamin B3: 2.79mg (13.93%), Vitamin B2: 0.14mg (8.41%), Phosphorus: 75.34mg (7.53%), Vitamin B1: 0.1mg (6.38%), Vitamin B5: 0.62mg (6.2%), Potassium:

202.35mg (5.78%), Copper: 0.1mg (5.13%), Folate: 14.41µg (3.6%), Magnesium: 13.15mg (3.29%), Vitamin A: 133.78IU (2.68%), Iron: 0.45mg (2.52%), Vitamin C: 1.77mg (2.14%), Zinc: 0.28mg (1.89%), Manganese: 0.03mg (1.61%), Vitamin E: 0.21mg (1.42%)