



Sesame salmon subs with cucumber pickle



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g sesame seed
- ☐ 700 g salmon fillet boneless skinless thin (choose long, fillets)
- ☐ 1 eggs beaten
- ☐ 4 portugese rolls
- ☐ 4 servings pkt spinach (see seperate recipe)
- ☐ 4 servings toppings: such as pickles quick (see separate recipe)
- ☐ 4 servings soy sauce light to taste

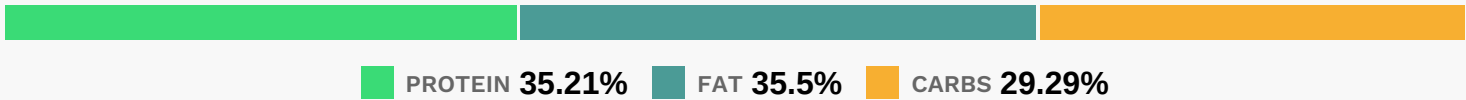
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Spread the sesame seeds over a large plate. Season the salmon fillets if you like, then dip into the beaten egg and roll in the sesame seeds.
- ☐ Place on a baking tray and roast for 10 mins or until firm and the sesame seeds are golden.
- ☐ Split sub rolls, fill with a little of the spinach and watercress salad, then top with the salmon fillet.
- ☐ Serve with the cucumber pickle on the side and soy sauce for splashing, if you like.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:23.74, Inflammation Score:-10, Nutrition Score:44.940434507702%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 534.59kcal (26.73%), Fat: 20.97g (32.25%), Saturated Fat: 3g (18.77%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 34.92g (12.7%), Sugar: 5.67g (6.3%), Cholesterol: 137.17mg (45.72%), Sodium: 1940.9mg (84.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.78g (93.56%), Vitamin K: 155.85µg (148.43%), Selenium: 72µg (102.85%), Vitamin B12: 5.66µg (94.38%), Iron: 15.45mg (85.85%), Vitamin B6: 1.67mg (83.28%), Vitamin B3: 15.33mg (76.63%), Vitamin A: 3062.57IU (61.25%), Copper: 1.04mg (51.79%), Vitamin B2: 0.87mg (51.02%), Phosphorus: 498.9mg (49.89%), Vitamin B1: 0.56mg (37.56%), Manganese: 0.73mg (36.4%), Potassium: 1209.54mg (34.56%), Magnesium: 131.4mg (32.85%), Vitamin B5: 3.21mg (32.07%), Folate: 127.68µg (31.92%), Calcium: 223.82mg (22.38%), Zinc: 2.54mg (16.92%), Fiber: 3.99g (15.98%), Vitamin C: 9.8mg (11.87%), Vitamin E: 0.83mg (5.56%), Vitamin D: 0.22µg (1.47%)