



Shoreline Salmon Sliders and Crispy Slaw

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



326 kcal

SIDE DISH

Ingredients

- 12 servings canola oil for grilling
- 0.3 cup whipped cream cheese softened
- 12 dinner rolls mini
- 1 tablespoon lemon pepper seasoning
- 6 ounce cabbage shredded red
- 2 tablespoons red wine vinegar
- 1.5 pounds salmon fillet skinless
- 12 servings salt and pepper black freshly ground

- 2 scallions sliced
- 2 tablespoons spicy brown mustard
- 1 teaspoon sugar
- 0.3 cup chili sauce sweet
- 0.3 cup tartar sauce

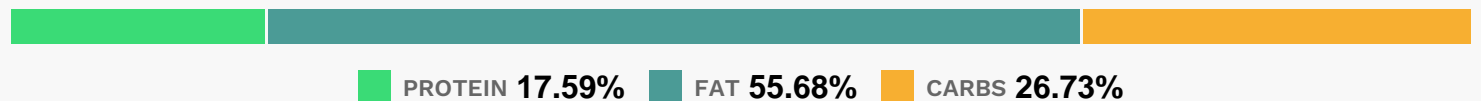
Equipment

- bowl
- paper towels
- whisk
- grill

Directions

- Watch how to make this recipe.
- Preheat the grill to medium-high heat.
- Cut the salmon into 2-inch squares so that you get 12 portions, 2 to 3 ounces per portion.
- Sprinkle both sides of each salmon square with the lemon pepper seasoning.
- Brush the grill grates with a paper towel that has been soaked in canola oil. Grill the salmon until just cooked through, about 3 minutes per side. In a large bowl, whisk together the mustard, red wine vinegar and sugar.
- Add the cabbage and scallions and toss to coat. In a small bowl, stir together the sweet chili sauce and tartar sauce with the cream cheese.
- Spread about 1 teaspoon sauce on both the tops and bottoms of the mini buns.
- Place a square of salmon on a bun and top with the crispy slaw.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:11.613913060449%

Flavonoids

Cyanidin: 29.74mg, Cyanidin: 29.74mg, Cyanidin: 29.74mg, Cyanidin: 29.74mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 325.6kcal (16.28%), Fat: 20.08g (30.89%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 19.76g (7.19%), Sugar: 6.28g (6.98%), Cholesterol: 32.46mg (10.82%), Sodium: 141.27mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Selenium: 21.73µg (31.05%), Vitamin B12: 1.81µg (30.13%), Vitamin B6: 0.5mg (25.03%), Vitamin B3: 4.55mg (22.76%), Vitamin K: 22.93µg (21.84%), Vitamin E: 2.58mg (17.19%), Vitamin B2: 0.23mg (13.64%), Phosphorus: 124.14mg (12.41%), Vitamin C: 8.59mg (10.41%), Vitamin B5: 0.99mg (9.89%), Vitamin B1: 0.14mg (9.66%), Potassium: 335.51mg (9.59%), Iron: 1.6mg (8.89%), Copper: 0.16mg (7.86%), Fiber: 1.92g (7.7%), Manganese: 0.14mg (6.99%), Magnesium: 21.85mg (5.46%), Folate: 18.55µg (4.64%), Calcium: 45.98mg (4.6%), Vitamin A: 222.13IU (4.44%), Zinc: 0.44mg (2.91%)