



Smoked Salmon Club Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

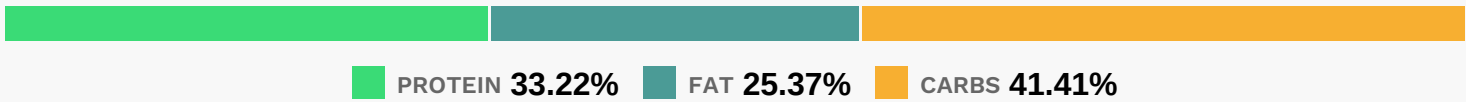
- ☐ 2 leaves boston lettuce
- ☐ 1 tsp optional: dill fresh minced
- ☐ 1 tbsp neufchatel cheese
- ☐ 2 tbsp nonfat greek yogurt
- ☐ 4 oz salmon smoked
- ☐ 2 slices tomatoes red ripe
- ☐ 3 slices sandwich bread white

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Smoked Salmon Club Sandwich
- ☐ Ingredients3 slices white bread2 tbsp lowfat or nonfat Greek yogurt1 tbsp cream cheese or Neufchatel cheese1 tsp minced fresh dill
- ☐ Dash of salt4 oz smoked salmon2–3 leaves butter lettuce, torn into 3–4 pieces2–3 slices ripe red tomato1 tsp capers (optional)You will also needtoothpicks (optional)
- ☐ Total Time: 10 Minutes
- ☐ Servings: 1
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:154.78, Glycemic Load:27, Inflammation Score:-9, Nutrition Score:30.186956447104%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 404.53kcal (20.23%), Fat: 11.24g (17.3%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 38.59g (14.03%), Sugar: 7.16g (7.96%), Cholesterol: 38.52mg (12.84%), Sodium: 1311.22mg (57.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.26%), Vitamin D: 19.39µg (129.27%), Selenium: 57.73µg (82.48%), Vitamin B12: 3.95µg (65.85%), Vitamin B3: 9.45mg (47.23%), Phosphorus: 354.85mg (35.48%), Vitamin K: 35.47µg (33.78%), Vitamin A: 1676.04IU (33.52%), Vitamin B1: 0.45mg (30.22%), Folate: 119.84µg (29.96%), Manganese: 0.58mg (29.21%), Vitamin B2: 0.43mg (25.35%), Vitamin B6: 0.48mg (23.87%), Calcium: 237.42mg (23.74%), Iron: 4.05mg (22.49%), Copper: 0.4mg (19.99%), Vitamin B5: 1.67mg (16.66%), Potassium: 551.08mg (15.75%), Vitamin E: 2.1mg (14.02%), Magnesium: 55.33mg (13.83%), Fiber: 2.71g (10.82%), Vitamin C: 8.59mg (10.42%), Zinc: 1.44mg (9.63%)