



Smoked Salmon on Grilled Seven Grain Bread with Tomato and Dill

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings canola oil
- ☐ 6 servings dijon mustard for spreading and drizzling
- ☐ 6 servings dill fronds for garnish
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 to 3 heirloom tomatoes thinly sliced
- ☐ 6 servings honey for spreading and drizzling
- ☐ 1 juice of lemon

- ☐ 1 loaf seven grain bread sliced
- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 8 ounces salmon smoked paper thin sliced

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat a grill pan over high heat.
- ☐ Brush the bread with canola oil, salt and pepper. Grill the bread until slightly charred on each side, about 30 seconds per side.
- ☐ Remove the bread to a cutting board and drizzle with olive oil and season with salt and pepper.
- ☐ Combine honey and mustard in a small bowl.
- ☐ Schmear the bread with honey mustard and put sliced tomato on each slice of bread.
- ☐ Drizzle with honey mustard and top with a few slices of smoked salmon.
- ☐ Add another drizzle of honey mustard and top with black pepper and a sprig of dill.
- ☐ Whisk together a few tablespoons of lemon juice and a few tablespoons of the extra-virgin olive oil and drizzle over the tops.
- ☐ Garnish with dill fronds.
- ☐ Per Serving (based on a 4-serving yield): Calories 521; Total Fat 16 grams; Saturated Fat 2 grams; Protein 20 grams; Total Carbohydrate 75 grams; Sugar: 23 grams; Fiber 7 grams; Cholesterol 13 milligrams; Sodium 1325 milligrams

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:32.76, Inflammation Score:-7, Nutrition Score:26.597391688305%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 612.74kcal (30.64%), Fat: 33.92g (52.19%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 56.9g (18.97%), Net Carbohydrates: 49.33g (17.94%), Sugar: 12.02g (13.36%), Cholesterol: 8.69mg (2.9%), Sodium: 864.13mg (37.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.96%), Manganese: 2.51mg (125.74%), Selenium: 43.25µg (61.79%), Vitamin D: 6.46µg (43.09%), Vitamin E: 5.84mg (38.9%), Vitamin B3: 7.09mg (35.47%), Vitamin B1: 0.48mg (31.86%), Phosphorus: 318.45mg (31.84%), Fiber: 7.56g (30.26%), Vitamin K: 30.77µg (29.3%), Magnesium: 101.68mg (25.42%), Vitamin B12: 1.23µg (20.54%), Calcium: 197.79mg (19.78%), Iron: 3.55mg (19.7%), Vitamin B6: 0.39mg (19.54%), Copper: 0.38mg (18.79%), Zinc: 2.23mg (14.89%), Vitamin B2: 0.24mg (14.2%), Folate: 56.26µg (14.07%), Potassium: 465.64mg (13.3%), Vitamin B5: 1.17mg (11.71%), Vitamin C: 7.75mg (9.39%), Vitamin A: 395.08IU (7.9%)