



## Smoked Salmon Sandwich on Pumpernickel

READY IN



15 min.

SERVINGS



2

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

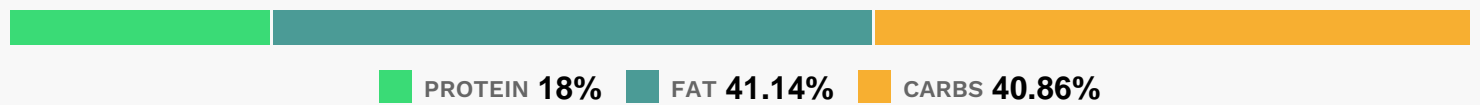
- 2 teaspoons capers
- 0.5 small cucumber english thinly sliced
- 0.5 cup cream cheese low-fat
- 2 servings pepper freshly ground
- 2 servings potato chips
- 4 slices pumpernickel bread
- 0.3 small onion red thinly sliced
- 4 ounce salmon smoked

# Equipment

## Directions

- Spread bread slices on 1 side with crme frache. Top 2 slices with cucumber, onion, and salmon.
- Sprinkle with capers and freshly ground pepper. Top with remaining 2 bread slices.
- Serve sandwiches with chips.

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:14.99, Inflammation Score:-7, Nutrition Score:25.926521601884%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

## Nutrients (% of daily need)

Calories: 527.53kcal (26.38%), Fat: 24.4g (37.53%), Saturated Fat: 7.29g (45.55%), Carbohydrates: 54.51g (18.17%), Net Carbohydrates: 48.78g (17.74%), Sugar: 5.77g (6.41%), Cholesterol: 63.58mg (21.19%), Sodium: 826.8mg (35.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.01g (48.03%), Selenium: 39.8µg (56.85%), Manganese: 1.13mg (56.4%), Vitamin B3: 7.95mg (39.73%), Vitamin B12: 2.36µg (39.25%), Phosphorus: 383.7mg (38.37%), Vitamin B6: 0.77mg (38.37%), Vitamin B2: 0.58mg (33.98%), Vitamin B5: 3.14mg (31.39%), Vitamin B1: 0.45mg (29.87%), Potassium: 1027.6mg (29.36%), Folate: 101.55µg (25.39%), Fiber: 5.73g (22.9%), Copper: 0.46mg (22.75%), Vitamin E: 3.39mg (22.58%), Magnesium: 85.4mg (21.35%), Vitamin K: 20.37µg (19.4%), Iron: 3.03mg (16.85%), Calcium: 161.41mg (16.14%), Zinc: 2.14mg (14.25%), Vitamin C: 9.25mg (11.21%), Vitamin A: 436.21IU (8.72%), Vitamin D: 0.18µg (1.2%)