



Smoked-Salmon Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 inch cucumber
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup cream cheese light tub-style
- ☐ 4 ounce pumpernickel bread
- ☐ 2 teaspoons onion red minced
- ☐ 2 ounces salmon smoked
- ☐ 0.5 inch tomatoes
- ☐ 2 teaspoons or dried fresh chopped

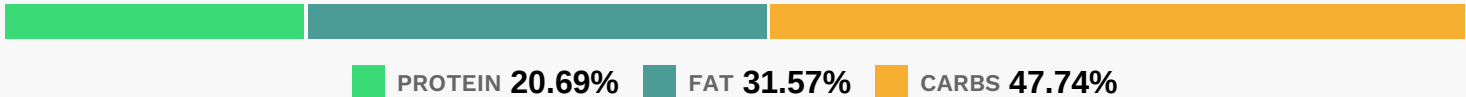
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a food processor; process until smooth. Spoon into a bowl; stir in dill and onion.
- ☐ Divide salmon mixture evenly between 2 bread slices; top each with 2 tomato slices, 4 cucumber slices, and 1 bread slice. Store in small zip-top bags in refrigerator.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:13.07, Inflammation Score:-5, Nutrition Score:14.189999922462%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 259.46kcal (12.97%), Fat: 9.16g (14.09%), Saturated Fat: 4.16g (25.97%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 27.27g (9.92%), Sugar: 2.81g (3.12%), Cholesterol: 28.12mg (9.37%), Sodium: 706.03mg (30.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.5g (27%), Manganese: 0.79mg (39.66%), Selenium: 24.69µg (35.27%), Vitamin D: 4.97µg (33.12%), Vitamin B12: 1.29µg (21.54%), Phosphorus: 214.85mg (21.48%), Vitamin B2: 0.28mg (16.46%), Vitamin B3: 3.18mg (15.89%), Fiber: 3.88g (15.52%), Folate: 62.05µg (15.51%), Vitamin B1: 0.21mg (14.28%), Iron: 2.43mg (13.53%), Copper: 0.25mg (12.4%), Calcium: 119.57mg (11.96%), Magnesium: 44mg (11%), Vitamin B6: 0.19mg (9.5%), Potassium: 308.15mg (8.8%), Vitamin B5: 0.82mg (8.23%), Zinc: 1.2mg (7.97%), Vitamin A: 310.36IU (6.21%), Vitamin E: 0.74mg (4.91%), Vitamin C: 1.74mg (2.11%), Vitamin K: 1.07µg (1.02%)