



Smoked Salmon Sandwiches with Curried Almonds

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup unblanched almonds sliced
- 1 teaspoon curry powder
- 1 granny smith apple-quartered cored sliced
- 0.3 cup yogurt plain low-fat
- 8 ounce whole-grain bread
- 4 medium radishes sliced
- 4 servings salt and pepper freshly ground
- 0.5 pound salmon smoked thinly sliced

1 teaspoon vegetable oil

Equipment

bowl

frying pan

wax paper

Directions

Heat the oil in a medium skillet.

Add the almonds and cook over moderate heat, tossing, until golden, about 3 minutes.

Sprinkle the curry powder over the almonds and toss to coat. Cook, stirring, until the almonds are fragrant, about 1 minute.

Transfer to a bowl and let cool. Stir in the yogurt and season with salt and pepper.

Spread the almond mixture on half the bread slices. Top with the smoked salmon, radishes and apple slices. Close the sandwiches and serve, or wrap them in wax paper for packing.

Make Ahead: The sandwiches can be prepared up to 4 hours ahead.

Notes: One Serving: 412 calories, 8 gm total fat, 3 gm saturated fat, 47 gm carb. Pita Variation: Slice 1 inch off four 5-inch whole-wheat pitas.

Spread the smoked salmon on the bottom, then layer almonds and sliced radishes on top. Poke the apple slices into the sandwiches and serve or wrap.

Nutrition Facts

 PROTEIN 22.76%  **FAT 41.24%**  **CARBS 36%**

Properties

Glycemic Index:37.17, Glycemic Load:16.59, Inflammation Score:-6, Nutrition Score:27.265652117522%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 3.59mg, Epicatechin:

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Nutrients (% of daily need)

Calories: 411.11kcal (20.56%), Fat: 19.35g (29.78%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 29.94g (10.89%), Sugar: 9.56g (10.63%), Cholesterol: 13.96mg (4.65%), Sodium: 906.72mg (39.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.07%), Manganese: 1.87mg (93.7%), Vitamin D: 9.7µg (64.64%), Vitamin E: 8.22mg (54.83%), Selenium: 34.71µg (49.59%), Phosphorus: 371.76mg (37.18%), Magnesium: 132.81mg (33.2%), Fiber: 8.08g (32.3%), Vitamin B12: 1.93µg (32.24%), Vitamin B3: 6.24mg (31.22%), Vitamin B2: 0.5mg (29.68%), Copper: 0.56mg (27.76%), Calcium: 205.04mg (20.5%), Vitamin B1: 0.31mg (20.39%), Vitamin B6: 0.35mg (17.58%), Iron: 3.16mg (17.55%), Potassium: 539.1mg (15.4%), Zinc: 2.2mg (14.64%), Vitamin B5: 1.13mg (11.33%), Folate: 41.56µg (10.39%), Vitamin K: 8.13µg (7.74%), Vitamin C: 2.86mg (3.47%), Vitamin A: 88.89IU (1.78%)