



Smoked-Salmon, Tomato, and Basil Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 ounce cream cheese softened
- ☐ 8 slices crusty country bread toasted
- ☐ 0.8 cup basil leaves fresh divided
- ☐ 1 garlic clove
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons yogurt plain
- ☐ 0.5 cup onion red thinly sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound salmon smoked sliced
- ☐ 2 large tomatoes sliced

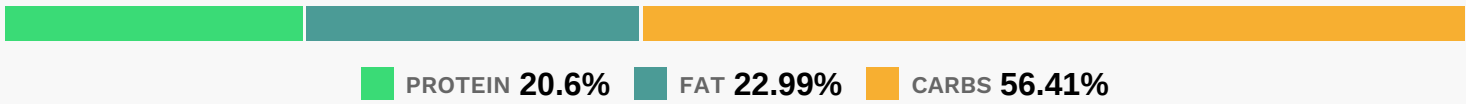
Equipment

- ☐ food processor

Directions

- ☐ Combine cream cheese, yogurt, garlic, 1/4 cup basil leaves, and next 4 ingredients in a food processor; process until smooth.
- ☐ Spread 1 tablespoon cream cheese mixture on 1 side of each slice of bread. Top 4 slices evenly with tomatoes, remaining basil leaves, salmon, and onion. Top with remaining bread slices.
- ☐ Serve immediately.
- ☐ Wine note: "The red onion has a leading role in combination with smoked salmon. This recipe beckons Rodney Strong, Chalk Hill Chardonnay 2002 (\$16)--a full-blown, refined, and elegant wine. Rich and complex with flavors of vanilla, green apple, pear, and pineapple, the wine is balanced by firm acidity, toasty oak, and very buttery undertones." --Rosalind Johnson, Divas Uncorked, Massachusetts

Nutrition Facts



Properties

Glycemic Index:80.88, Glycemic Load:53.07, Inflammation Score:-9, Nutrition Score:30.427391010782%

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: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 522.49kcal (26.12%), Fat: 13.43g (20.66%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 74.14g (24.71%), Net Carbohydrates: 69.73g (25.36%), Sugar: 10.53g (11.7%), Cholesterol: 35.82mg (11.94%), Sodium: 1437.51mg (62.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.15%), Selenium: 57.26µg (81.79%), Vitamin B1: 0.98mg (65.1%), Vitamin D: 9.71µg (64.7%), Vitamin B3: 9.49mg (47.44%), Folate: 182.3µg (45.57%), Manganese: 0.89mg (44.27%), Vitamin B2: 0.69mg (40.87%), Iron: 5.97mg (33.18%), Vitamin B12: 1.93µg (32.2%), Phosphorus: 291.3mg (29.13%), Vitamin A: 1341.39IU (26.83%), Vitamin K: 27.48µg (26.17%), Vitamin B6: 0.43mg (21.25%), Copper: 0.41mg (20.63%), Vitamin C: 16.65mg (20.19%), Fiber: 4.41g (17.65%), Magnesium: 69.69mg (17.42%), Potassium: 557.94mg (15.94%), Calcium: 129.73mg (12.97%), Zinc: 1.91mg (12.73%), Vitamin B5: 1.21mg (12.06%), Vitamin E: 1.76mg (11.74%)