



Smoked trout & cucumber open sandwiches

READY IN



10 min.

SERVINGS



2

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 125 g trout skinless
- ☐ 0.5 german quark
- ☐ 0.5 tsp horseradish
- ☐ 1 tablespoon juice of lemon
- ☐ 2 slices bread thick
- ☐ 0.3 cucumber sliced
- ☐ 25 g watercress
- ☐ 2 handfuls cherry tomatoes

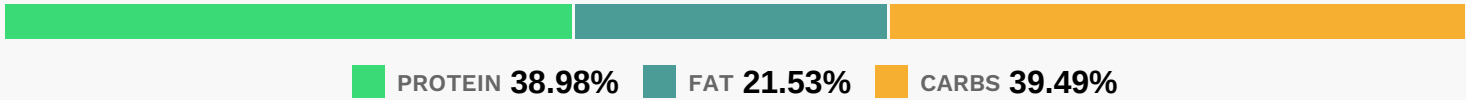
Equipment

☐ bowl

Directions

- ☐ Flake the fish into a large bowl, then stir in the quark and horseradish sauce to taste. Season with black pepper and a squeeze of lemon juice.
- ☐ Toast the bread, then top each piece with cucumber slices and watercress. Spoon half the trout pt on top of each and serve with halved cherry tomatoes on the side.

Nutrition Facts



Properties

Glycemic Index:70.33, Glycemic Load:7.29, Inflammation Score:-7, Nutrition Score:16.969565267148%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 181.55kcal (9.08%), Fat: 4.34g (6.68%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 15.9g (5.78%), Sugar: 4.3g (4.78%), Cholesterol: 66.25mg (22.08%), Sodium: 198.34mg (8.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.39%), Selenium: 37.88µg (54.11%), Vitamin B12: 2.16µg (36.04%), Vitamin K: 37.42µg (35.64%), Vitamin C: 26.83mg (32.52%), Phosphorus: 273.97mg (27.4%), Manganese: 0.48mg (24.21%), Vitamin B6: 0.42mg (20.91%), Vitamin B3: 3.84mg (19.19%), Vitamin A: 863.09IU (17.26%), Potassium: 578.07mg (16.52%), Vitamin B2: 0.24mg (14.24%), Vitamin B1: 0.21mg (13.99%), Magnesium: 51.1mg (12.77%), Folate: 45.82µg (11.46%), Iron: 1.85mg (10.29%), Vitamin B5: 1.01mg (10.06%), Fiber: 2.03g (8.12%), Copper: 0.16mg (7.96%), Calcium: 78.35mg (7.83%), Zinc: 0.85mg (5.66%), Vitamin E: 0.62mg (4.12%)