



Smoked Trout Salad Sandwiches

READY IN



21 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups matchstick-cut carrots
- 8 boston lettuce leaves
- 1 cup apples i use 2 granny smith apples diced peeled (1 medium)
- 2 tablespoons mayonnaise reduced-fat
- 0.7 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup onion diced red finely
- 8 ounce trout smoked
- 0.3 cup walnuts toasted finely chopped
- 16 slices bread whole wheat very thin thin (such as Pepperidge Farm)

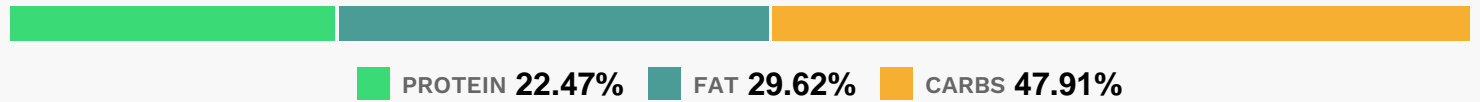
Equipment

- food processor
- bowl

Directions

- Process first 3 ingredients in a food processor until smooth.
- Combine pured trout mixture, carrots, and next 3 ingredients in a bowl; toss well.
- Top each of 8 bread slices with a lettuce leaf. Spoon trout salad evenly over lettuce; top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:15.2, Inflammation Score:-10, Nutrition Score:19.29999999378%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 258.73kcal (12.94%), Fat: 8.59g (13.21%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 26.33g (9.57%), Sugar: 5.85g (6.5%), Cholesterol: 37.32mg (12.44%), Sodium: 337.73mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Vitamin A: 3915.27IU (78.31%), Manganese: 1.4mg (70.05%), Selenium: 28.91µg (41.3%), Phosphorus: 251.34mg (25.13%), Vitamin K: 24.41µg (23.24%), Fiber: 4.93g (19.7%), Vitamin B1: 0.28mg (18.64%), Vitamin B3: 3.57mg (17.86%), Vitamin B12: 1.06µg (17.69%), Magnesium: 67.85mg (16.96%), Vitamin B6: 0.33mg (16.27%), Calcium: 143.35mg (14.34%), Potassium: 438.33mg (12.52%), Folate: 49.9µg (12.48%), Vitamin B2: 0.2mg (11.97%), Copper: 0.23mg (11.59%), Iron: 2.09mg (11.59%), Zinc: 1.45mg (9.65%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 0.52mg (3.46%), Vitamin C: 2.49mg (3.02%)