



HEALTH SCORE

100%

Smokey Salmon Lettuce Wraps



Gluten Free



Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

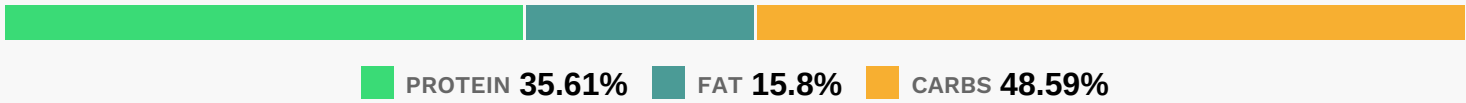
- ☐ 1 tablespoon cream cheese fat-free
- ☐ 1 small cucumber seedless thinly sliced
- ☐ 0.3 teaspoon lemon pepper seasoning salt-free
- ☐ 0.3 cup onion red finely chopped
- ☐ 3 medium romaine lettuce
- ☐ 2 ounces salmon smoked lox-style
- ☐ 2 tablespoons sun-dried tomatoes packed in oil, drained and sliced

Equipment

Directions

- ☐ Lay lettuce leaves on a plate and evenly spread the insides with cream cheese, 1 teaspoon each.
- ☐ Sprinkle with lemon pepper seasoning and top with smoked salmon.
- ☐ Top the salmon with onion. Equally distribute cucumber slices among the lettuce leaves. Evenly top with sun-dried tomatoes.
- ☐ Wrap 'em up and devour!

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:30.670000076294%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg

Nutrients (% of daily need)

Calories: 187.57kcal (9.38%), Fat: 3.56g (5.48%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 19.37g (7.04%), Sugar: 12.46g (13.84%), Cholesterol: 15.2mg (5.07%), Sodium: 596mg (25.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.15%), Vitamin A: 7781.2IU (155.62%), Vitamin K: 140.67µg (133.97%), Vitamin D: 9.7µg (64.64%), Folate: 157.16µg (39.29%), Potassium: 1205.79mg (34.45%), Manganese: 0.68mg (33.99%), Vitamin B12: 2.02µg (33.66%), Phosphorus: 332.32mg (33.23%), Selenium: 21.26µg (30.38%), Copper: 0.46mg (23.22%), Vitamin C: 18.64mg (22.59%), Magnesium: 89.18mg (22.3%), Vitamin B6: 0.43mg (21.57%), Fiber: 5.3g (21.2%), Vitamin B3: 4.23mg (21.16%), Vitamin B2: 0.32mg (18.87%), Vitamin B5: 1.81mg (18.06%), Iron: 3.21mg (17.85%), Calcium: 167.55mg (16.76%), Vitamin B1: 0.23mg (15.56%), Zinc: 1.51mg (10.08%), Vitamin E: 0.98mg (6.55%)