



SALMON CAESAR SALAD SANDWICHES

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 8

Category: Basic Food
Manufacturer: (None)

Ingredients

12.000 oz. Atlantic Salmon, Farmed, Raw
4.000 item Nature's Own 100% Whole Wheat Bagel
2.000 T. Olive Oil
0.500 t. Garlic Powder
0.250 c. Parmesan Cheese, Grated
0.250 c. Light Mayonnaise
0.250 c. Caesar Salad Dressing
2.000 c. Romaine Lettuce, Shredded

Nutrition Facts

Serving Size 1.00 item(s) (242g)

Amount Per Serving

Calories 641 **Calories from Fat** 311

% Daily Value

Total Fat 34.5g 53 %

Saturated Fat 6.5g 32 %

Trans Fat 0.0g

Cholesterol 61.6mg 21 %

Sodium 768.1mg 32 %

Total Carbohydrate 59.9g 20 %

Dietary Fiber 9.6g 38 %

Sugars 7.5g

Protein 31.1g

Vitamin A 53 % Calcium 18 %

Vitamin C 14 % Iron 25 %

Instructions