



GRILLED SALMON CASHEW SANDWICHES

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 6

Category: Basic Food
Manufacturer: (None)

Ingredients

- 1.000 lb. Coho Salmon, Wild, Raw
- 4.000 item Nature's Own Whitewheat Hamburger Bun
- 0.250 c. Cashews, Dry Roasted
- 1.000 T. Parsley, Chopped
- 2.000 T. Butter
- 2.000 t. Lemon Juice

Nutrition Facts

Serving Size 1.00 item(s) (166g)

Amount Per Serving			
Calories 366		Calories from Fat 166	
% Daily Value			
Total Fat	18.4g		28 %
Saturated Fat	6.3g		32 %
Trans Fat	0.0g		
Cholesterol	66.0mg		22 %
Sodium	325.0mg		14 %
Total Carbohydrate	24.1g		8 %
Dietary Fiber	5.3g		21 %
Sugars	2.5g		
Protein	30.9g		
Vitamin A	7 %	Calcium	30 %
Vitamin C	6 %	Iron	22 %

Instructions