



Healthdor

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Smoked Salmon and Cottage Sandwich ••

A delicious sandwich made with smoked salmon and cottage cheese. Perfect for a quick and healthy lunch or snack.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	Smoked Salmon
100 g	cottage cheese
4 pieces	bread slices
10 g	butter

Directions

Step 1

Spread butter on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Place smoked salmon on two bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Spread cottage cheese on the other two bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Combine the salmon and cottage cheese slices to make sandwiches.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Passover

Easter

Halloween

Cost

Under \$10

\$20 to \$30

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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