



## SMOKED SALMON & CREAM CHEESE ENGLISH MUFFIN

Nice treat for breakfast

 5 minutes

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 1 portion

### INGREDIENTS

- 1/2 unit of muffins, English, mixed-grain (includes granola) [33 g] or 40 grams of 7 Sprouted grains English muffin or 1/2 unit of muffins, English, wheat [29 g]
- 30 grams of salmon, smoked
- 1 wedge or slice [1/8 of one 2-1/8" dia lemon] of lemons, raw, without peel [7 g]
- 4 thin slices of onions, raw [36 g]
- 2 grams of dill, fresh or 2 grams of spices, dill weed, dried
- 1 oz of cheese spread, cream cheese base [28 g]
- 1 dash of spices, pepper, black [0 g]

### COOKING METHOD

- 1° Toast the half english muffin Spread the cream cheese on top Dipose the smoked salmon,
- 2° Season with lemon, black pepper Add chopped dill on top Have a nice bite
- 3° One portion is equal to one half of english muffin. You can choose different type of muffin, regular or whole grains...

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [137 g]	% DRI
ENERGY	156 kcal	214 kcal	11 %
FAT	8 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	4 g	6 g	29 %
CHOLESTEROL	34 mg	47 mg	16 %
SODIUM	449 mg	617 mg	26 %
CARBOHYDRATE	13 g	17 g	6 %
SUGARS	2 g	3 g	—
FIBER	2 g	2 g	9 %
PROTEIN	9 g	12 g	—