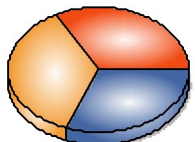




## Pastrami Style Salmon with Apple Cabbage Slaw

Recipe grams: 1535.86g/54.2oz

Serves 4 383.97g/13.5oz per serving



Protein: 31%  
Carbohydrates: 37%  
Fat: 33%

### INGREDIENTS

16 oz SALMON, ATLANTIC, FARMED, RAW  
1 tbsp BROWN SUGAR BLEND, SLENDA, Splenda and brown sugar  
1 tsp SALT, TABLE  
1 tsp GARLIC POWDER  
1 tsp GINGER, GROUND  
1 tsp CORIANDER SEED  
1 tsp BLACK PEPPER, GROUND, edible portion  
1/2 tsp ALLSPICE, GROUND  
1 head RED CABBAGE, RAW, 1 small head (4" dia)  
2 large APPLE W/SKIN, RAW, 3 1/4" dia approx 2/lb  
1/2 cup Yogurt Cheese  
1/4 cup APPLE CIDER VINEGAR, Organic; kosher  
1 tsp CARAWAY SEED  
1/4 tsp SALT, TABLE  
1/4 tsp PEPPER, BLACK, GROUND  
1 tsp SUGAR, GRANULATED

### DIRECTIONS

Combine dry seasonings and rub into salmon on one side. Allow to sit for 15 min. Broil in oven until the mixture melts over the fish and the fish is cooked, about 5-10 minutes.

For Slaw

Combine wet ingredients with a whisk until uniform. Combine with shredded cabbage and apple.

### Nutrition Facts

Serving Size: 1 serving (384.0g)

Servings: 1

#### Amount Per Serving

Calories 360 Calories from Fat 120

% Daily Value\*

**Total Fat** 13g **20%**

Saturated Fat 2.5g **15%**

Trans Fat 0g

**Cholesterol** 65mg **20%**

**Sodium** 860mg **35%**

**Total Carbohydrate** 33g **10%**

Dietary Fiber 6g **25%**

Sugars 21g

**Protein** 27g

Vitamin A 35% • Vitamin C 150%

Calcium 15% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.