

Finadene Satmon

Makes
6 servings

Prep time
10 minutes

Good source of
Protein
Calcium
Omega-3

Ingredients:

- 1 can (14.75 oz.) pink salmon
- 2 cups fresh cucumbers, diced
- 1 cup fresh cherry tomatoes, halved
- ½ yellow onion, chopped
- Kalamansi/lemon juice, to desired flavor
- Hot pepper, to desired flavor
- Salt, to desired flavor

Nutrition Facts

6 servings per container
Serving size 1/2 cup (156g)

Amount per serving
Calories **110**
% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 370mg	16%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 10mcg	50%
Calcium 206mg	15%
Iron 1mg	6%
Potassium 370mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Prepare salmon by draining and removing bones and skin.
2. In a mixing bowl, add cleaned salmon, cucumbers, tomatoes, and onions, and incorporate well.
3. Add lemon juice, hot pepper, and salt to desired taste. Mix well.
4. Serve immediately after mixing, or chill and serve cold. Refrigerate any leftovers.

