

# Smoked Salmon



The protein-rich cured Salmon fillet is loaded with Vitamin B & D. Being rich in omega-3 fatty acids it protects the body from muscle deterioration, Alzheimer & heart ailments.

## Ingredients for 2 serving (US/Metric)

- 410g / 14.5oz Smoked salmon

## Nutrition (US/Metric)

- **Protein:** 65%
- **Fat:** 35%
- **Net carbs:** 0%

## Instructions

Relish an easy snack by cutting the smoked salmon into thin slices.