



Apple and Smoked Salmon Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 pound apples i use 2 granny smith apples thinly sliced
- 0.3 cup granulated sugar
- 0.5 cup kumquats thinly sliced
- 2 tablespoons brown sugar light
- 0.5 cup juice of lime fresh
- 0.3 teaspoon sea salt
- 1 teaspoon serrano chile minced
- 0.5 cup shallots thinly sliced

- 4 ounces salmon smoked thinly sliced cut into 1/4-inch-wide strips
- 0.3 cup thai fish sauce

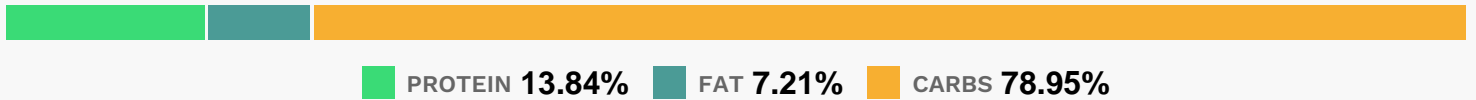
Equipment

- bowl
- sauce pan

Directions

- To prepare the dressing, combine first 4 ingredients in a small saucepan. Bring to a boil; cook 1 minute or until sugars dissolve. Cool; stir in lime juice.
- To prepare salad, combine apple and remaining ingredients in a medium bowl.
- Drizzle dressing over salad; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:7.53, Inflammation Score:-3, Nutrition Score:4.8182608485222%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 99.71kcal (4.99%), Fat: 0.85g (1.31%), Saturated Fat: 0.16g (1%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 19.02g (6.92%), Sugar: 16.67g (18.52%), Cholesterol: 3.26mg (1.09%), Sodium: 756.66mg (32.9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin D: 2.42µg (16.16%), Vitamin C: 8.87mg (10.75%), Vitamin B12: 0.5µg (8.28%), Selenium: 5.57µg (7.96%), Fiber: 1.97g (7.89%), Vitamin B6: 0.15mg (7.62%), Magnesium: 23.24mg (5.81%), Potassium: 187.35mg (5.35%), Vitamin B3: 0.96mg (4.82%), Manganese: 0.1mg (4.76%), Phosphorus: 43.33mg (4.33%), Copper: 0.08mg (4.16%), Folate: 15.78µg (3.94%), Vitamin K: 2.87µg (2.73%), Iron: 0.48mg (2.65%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.37mg (2.47%), Vitamin B2: 0.04mg (2.44%), Vitamin B1: 0.03mg (2.07%), Calcium: 18.47mg (1.85%), Zinc: 0.18mg (1.23%)