



## Arctic Char Gravlax with White Grapefruit

READY IN



45 min.

SERVINGS



8

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 servings round buttery crackers (preferably rye)
- 0.5 cup crème fraîche
- 3 tablespoons lime zest white finely grated
- 3 teaspoons optional: dill fresh divided minced
- 1 tablespoon granulated sugar
- 1 tablespoon peppercorns dried whole green crushed
- 1 tablespoon juniper berries crushed well
- 3 tablespoons kosher salt plus more
- 2 tablespoons brown sugar light

## Equipment

- bowl
- baking sheet
- knife
- whisk
- plastic wrap
- ziploc bags
- skewers

## Directions

- Place arctic char skin side down on a large piece of plastic wrap.
- Mix 3 tablespoons grapefruit zest, 3 tablespoons salt, both sugars, 1 tablespoon crushed green peppercorns, and crushed juniper berries in a small bowl; sprinkle mixture over fish, spreading evenly and pressing gently so spices adhere. Wrap plastic tightly around fish, then wrap with another large sheet of plastic. Gently poke 24 small holes through plastic (not fish) on both sides of fish with a thin skewer or the tip of a sharp knife to allow juices to escape. Put fish on a rimmed baking sheet. Top with another rimmed baking sheet; weigh it down with two 15-ounce canned goods. Refrigerate for 2 days, turning fish after 1 day.
- Remove canned goods and top baking sheet. Unwrap and discard plastic, keeping cure intact. Rewrap in clean plastic and poke holes in plastic as before.
- Place in a clean resealable plastic bag; refrigerate, skin side up. Chill for 1 more day. Gently scrape off cure.
- Whisk crème fraîche, 2 teaspoons dill, and remaining 1 teaspoon crushed green peppercorns in a small bowl. Season with salt. Thinly slice gravlax on a diagonal and serve on crackers. Top with crème fraîche and garnish with remaining 2 teaspoons grapefruit zest and 1 teaspoon dill.

## Nutrition Facts



PROTEIN 4.83% FAT 46.2% CARBS 48.97%

## Properties

Glycemic Index:14.64, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:2.6586956511373%

## Flavonoids

Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 131.12kcal (6.56%), Fat: 6.81g (10.48%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.81g (5.75%), Sugar: 6.24g (6.93%), Cholesterol: 8.48mg (2.83%), Sodium: 2800.76mg (121.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Vitamin K: 8.23µg (7.84%), Phosphorus: 55.15mg (5.52%), Vitamin B1: 0.07mg (4.95%), Manganese: 0.1mg (4.87%), Calcium: 44.1mg (4.41%), Iron: 0.79mg (4.36%), Vitamin E: 0.62mg (4.12%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.07mg (3.96%), Folate: 12.65µg (3.16%), Selenium: 1.33µg (1.9%), Vitamin A: 93.58IU (1.87%), Fiber: 0.43g (1.73%), Copper: 0.03mg (1.37%), Potassium: 44.14mg (1.26%), Magnesium: 4.97mg (1.24%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.16mg (1.04%)