



WHATSheATE



Dilled Salmon Tartare on Whole Grain Bread

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers drained coarsely chopped
- ☐ 0.8 teaspoon coarse kosher salt
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup dijon honey mustard
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.8 inch x3x grain bread whole

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion red finely chopped
- ☐ 1 pound salmon fillet frozen thawed cut into 1/4-inch cubes
- ☐ 2 tablespoons shallots minced

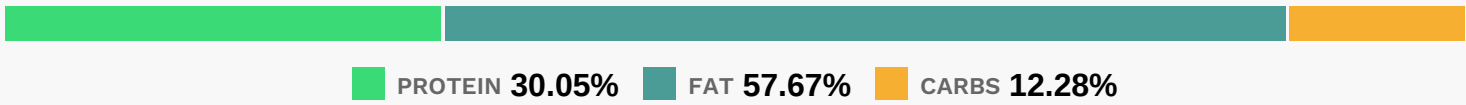
Equipment

- ☐ bowl

Directions

- ☐ Mix mustard and mayonnaise in small bowl to blend. Season to taste with salt and pepper. DO AHEAD Can be made 3 days ahead. Cover and refrigerate.
- ☐ Mix salmon and next 8 ingredients in medium bowl. Cover and chill until cold, at least 30 minutes. DO AHEAD Can be made 4 hours ahead. Keep refrigerated.
- ☐ Spread 1 tablespoon mustard mixture on 1 side of each bread slice.
- ☐ Cut each bread slice into 6 pieces. Divide salmon tartare mixture among bread slices.
- ☐ Transfer to platter and serve.

Nutrition Facts



Properties

Glycemic Index:37.28, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:12.300434646075%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 212.35kcal (10.62%), Fat: 13.18g (20.28%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.89g (2.14%), Sugar: 2.78g (3.09%), Cholesterol: 45.5mg (15.17%), Sodium: 512.38mg (22.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Vitamin B12: 2.42µg (40.25%), Selenium: 28.01µg (40.01%), Vitamin B6: 0.65mg (32.3%), Vitamin B3: 6.03mg (30.14%), Vitamin B2: 0.3mg (17.8%), Vitamin K: 17.05µg (16.24%), Phosphorus: 160.29mg (16.03%), Vitamin B5: 1.31mg (13.11%), Vitamin B1: 0.18mg (12.08%), Potassium: 417.62mg (11.93%), Copper: 0.21mg (10.68%), Magnesium: 26.28mg (6.57%), Folate: 25.98µg (6.49%), Iron: 0.89mg (4.95%), Vitamin C: 4.04mg (4.9%), Manganese: 0.09mg (4.38%), Vitamin A: 194.82IU (3.9%), Zinc: 0.56mg (3.74%), Vitamin E: 0.54mg (3.59%), Calcium: 19.87mg (1.99%), Fiber: 0.43g (1.71%)