



 **56%**
HEALTH SCORE

Fresh salmon carpaccio

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 800 g salmon fresh
- 2 optional: lemon
- 2 tbsp optional: dill chopped
- 2 shallots finely chopped
- 2 tsp sugar
- 2 tbsp olive oil extra virgin extra-virgin
- 1 tbsp capers dried drained
- 1 leaves bread

Equipment

- bowl
- whisk
- cutting board

Directions

- Rinse and dry the salmon, then wrap in cling film and freeze for 1 hr to make slicing easier. Meanwhile, finely grate the zest from one lemon and squeeze the juice from both.
- Mix in a bowl with the dill, shallots, sugar and 1 tsp sea salt.
- Add the olive oil and whisk to amalgamate.
- Unwrap the salmon and set on a large chopping board.
- Cut wafer-thin slices on the diagonal, as you would smoked salmon. Arrange a layer of the salmon over a large shallow dish, then spoon over a little of the marinade spreading it to evenly coat the fish. Continue slicing and layering, finishing with a layer of marinade. Cover with cling film, directly over the fish, and chill for at least 2 hrs or overnight.
- To serve, arrange the salmon slices over a platter and scatter over the capers and some salad leaves.
- Serve with thinly sliced brown bread or soda bread.

Nutrition Facts

 **PROTEIN 42.86%**  **FAT 47.17%**  **CARBS 9.97%**

Properties

Glycemic Index:24.91, Glycemic Load:1.47, Inflammation Score:-4, Nutrition Score:15.423913110857%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 189.95kcal (9.5%), Fat: 9.95g (15.3%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.23g (2.47%), Cholesterol: 55mg (18.33%), Sodium: 75.79mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.67%), Vitamin B12: 3.18µg (53%), Selenium: 36.74µg (52.48%), Vitamin B6: 0.86mg (43.09%), Vitamin B3: 7.92mg (39.58%), Vitamin B2: 0.39mg (22.88%), Phosphorus: 208.4mg (20.84%), Vitamin C: 14.94mg (18.11%), Vitamin B5: 1.74mg (17.35%), Vitamin B1: 0.24mg (16.09%), Potassium: 549.54mg (15.7%), Copper: 0.27mg (13.5%), Magnesium: 32.93mg (8.23%), Folate: 30.6µg (7.65%), Iron: 1.09mg (6.03%), Zinc: 0.69mg (4.58%), Fiber: 1g (3.99%), Vitamin E: 0.56mg (3.71%), Vitamin K: 2.43µg (2.31%), Manganese: 0.05mg (2.3%), Calcium: 22.17mg (2.22%), Vitamin A: 55.39IU (1.11%)