

health-score 67%

HEALTH SCORE

Fresh Salmon Tartare

 Dairy Free  Very Healthy

READY IN

ready

200 min.

SERVINGS

servings

6

CALORIES

calories

501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers drained
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup optional: dill fresh minced
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lime freshly squeezed 3 limes
- ☐ 1 loaf seven-grain bread toasted thinly sliced for serving
- ☐ 2 tablespoons olive oil good

- ☐ 1 pound salmon fillet fresh skinless
- ☐ 0.3 cup shallots minced 2 shallots
- ☐ 0.5 pound salmon smoked sliced
- ☐ 1 tablespoon whole-grain mustard

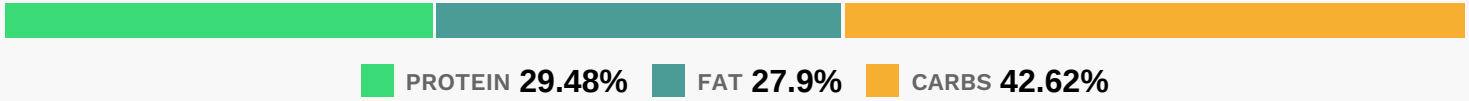
Equipment

- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut the fresh salmon and the smoked salmon in 1/4-inch dice.
- ☐ Place the salmon in a mixing bowl and add the lime juice, shallots, olive oil, dill, capers, two mustards, salt, and pepper.
- ☐ Mix well, cover with plastic wrap, and refrigerate for a few hours for the salmon to marinate.
- ☐ When ready to serve, toast the bread and taste the salmon for seasonings.
- ☐ Serve the tartare with triangles of the toast.

Nutrition Facts



Properties

Glycemic Index:35.12, Glycemic Load:29.92, Inflammation Score:-7, Nutrition Score:34.943912920745%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 500.69kcal (25.03%), Fat: 15.46g (23.78%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 45.28g (16.47%), Sugar: 6.38g (7.09%), Cholesterol: 50.27mg (16.76%), Sodium: 1811.23mg (78.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.5%), Manganese: 2.58mg (129.13%), Selenium: 71.87µg (102.67%), Vitamin B3: 12.89mg (64.47%), Vitamin B12: 3.64µg (60.6%), Vitamin B6: 1.03mg (51.47%), Phosphorus: 473.54mg (47.35%), Vitamin B1: 0.65mg (43.35%), Vitamin D: 6.46µg (43.09%), Magnesium: 126.42mg (31.6%), Vitamin B2: 0.54mg (31.48%), Fiber: 7.85g (31.4%), Copper: 0.58mg (28.78%), Vitamin B5: 2.45mg (24.55%), Iron: 4.38mg (24.32%), Potassium: 811.49mg (23.19%), Calcium: 217.11mg (21.71%), Folate: 77.51µg (19.38%), Zinc: 2.74mg (18.29%), Vitamin K: 13.52µg (12.87%), Vitamin E: 1.89mg (12.63%), Vitamin C: 6.95mg (8.43%), Vitamin A: 237.59IU (4.75%)