



Ginger Gravlax with Cilantro-Mustard Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sprigs garnish: of cilantro fresh
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup ground ginger
- ☐ 0.3 cup coarsely ground pepper black
- ☐ 1 cup kosher salt
- ☐ 12 servings cilantro-mustard sauce
- ☐ 1.5 pound salmon fillet with skin attached

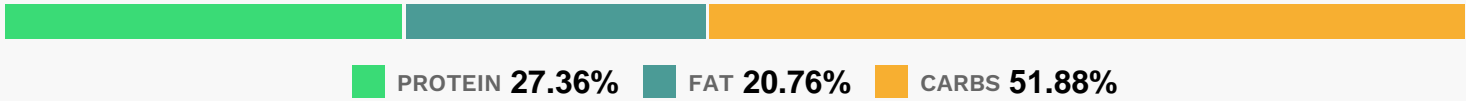
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Remove small bones from salmon with tweezers; discard bones.
- ☐ Stir together sugar and next 3 ingredients.
- ☐ Pour one-third of the mixture in a 13- x 9-inch baking dish.
- ☐ Place salmon fillet over sugar mixture, and top with remaining sugar mixture. Cover with heavy-duty plastic wrap.
- ☐ Place an 11- x 7-inch baking dish over salmon. Fill with heavy cans.
- ☐ Let stand 2 hours at room temperature.
- ☐ Remove weights and smaller dish; pour off liquid. Cover with heavy-duty plastic wrap; chill for 2 days.
- ☐ Rinse coating from salmon; pat dry. Slice thinly, starting at tail end.
- ☐ Serve on toasted baguette slices with Cilantro-Mustard Sauce.
- ☐ Garnish, if desired.
- ☐ Note: For toasted baguette slices, cut baguette into 1/4-inch slices, and place on a baking sheet.
- ☐ Bake at 350 for 3 to 4 minutes on each side or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:12.26, Inflammation Score:-3, Nutrition Score:14.869565196659%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 176.66kcal (8.83%), Fat: 4.19g (6.44%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 21.39g (7.78%), Sugar: 16.9g (18.78%), Cholesterol: 31.18mg (10.39%), Sodium: 9513.63mg (413.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Manganese: 2.33mg (116.28%), Selenium: 25.51µg (36.45%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.51mg (25.64%), Vitamin B3: 5.02mg (25.09%), Vitamin B2: 0.24mg (14.09%), Phosphorus: 134.96mg (13.5%), Copper: 0.24mg (12.18%), Potassium: 419.14mg (11.98%), Iron: 2.08mg (11.55%), Vitamin B5: 1.05mg (10.52%), Vitamin B1: 0.15mg (9.69%), Magnesium: 38.11mg (9.53%), Fiber: 2.16g (8.65%), Vitamin K: 8.76µg (8.34%), Zinc: 0.66mg (4.4%), Calcium: 43.54mg (4.35%), Folate: 16.12µg (4.03%), Vitamin A: 67.17IU (1.34%)