



Gravlax with Honey-Dijon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings garnish: dillweed sprigs fresh
- ☐ 2 tablespoons dillweed dried
- ☐ 1 slices bread french toasted
- ☐ 12 sprigs dillweed fresh
- ☐ 2 tablespoons coarsely ground pepper
- ☐ 12 servings honey-dijon sauce
- ☐ 1 cup kosher salt
- ☐ 1.5 pounds king salmon fillet with skin

- ☐ 1 cup sugar
- ☐ 1 cup aquavit
- ☐ 1 cup aquavit

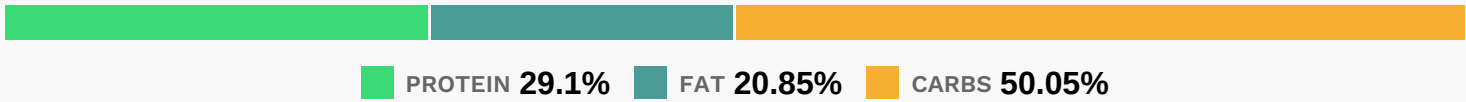
Equipment

- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Remove small bones from salmon with tweezers. Rinse salmon with aquavit.
- ☐ Combine sugar and next 3 ingredients.
- ☐ Pour half of sugar mixture into a 13- by 9-inch baking dish.
- ☐ Place salmon fillet over sugar mixture, skin side down; top with remaining sugar mixture and dillweed sprigs. Cover with plastic wrap.
- ☐ Place another 13- by 9-inch baking dish over plastic wrap. Fill with heavy cans. Chill 24 to 48 hours. Turn fillet every 12 hours, draining off any liquid that collects and replacing weights.
- ☐ Rinse coating from salmon; pat dry. Slice thinly, starting at the tail.
- ☐ Serve on toasted French bread with Honey-Dijon Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.72, Glycemic Load:13.89, Inflammation Score:-2, Nutrition Score:9.3552173123412%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 165.09kcal (8.25%), Fat: 3.83g (5.9%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 20.26g (7.37%), Sugar: 17.09g (18.98%), Cholesterol: 31.18mg (10.39%), Sodium: 9494.76mg (412.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Selenium: 22.39µg (31.99%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.48mg (24.08%), Vitamin B3: 4.74mg (23.72%), Vitamin B2: 0.25mg (14.44%), Phosphorus: 123.49mg (12.35%), Vitamin B1: 0.17mg (11.29%), Manganese: 0.21mg (10.65%), Vitamin B5: 0.98mg (9.76%), Potassium: 318.39mg (9.1%), Copper: 0.17mg (8.73%), Iron: 1.11mg (6.18%), Magnesium: 22.52mg (5.63%), Folate: 21.35µg (5.34%), Zinc: 0.48mg (3.17%), Calcium: 29.56mg (2.96%), Fiber: 0.44g (1.78%), Vitamin A: 80.55IU (1.61%), Vitamin K: 1.67µg (1.59%)