



Homemade Wild Alaskan Lox



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunch dill stems and all
- ☐ 1 tablespoon peppercorns green
- ☐ 0.5 cup kosher salt
- ☐ 1 tablespoon freshly cracked pepper black
- ☐ 2 pound alaskan salmon pin bones removed wild
- ☐ 0.3 cup sugar
- ☐ 2 tablespoon vodka
- ☐ 1 tablespoon taragon fresh minced

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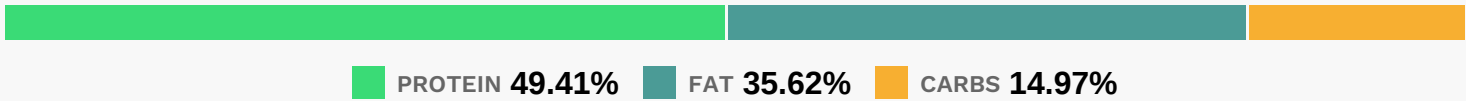
Equipment

☐ plastic wrap

Directions

- ☐ Place salmon, skin side down, on a large sheet of plastic wrap, and sprinkle it with the vodka.
- ☐ Mix together the salt and sugar, then sprinkle onto the flesh side of the salmon.
- ☐ Mix together the bay leaves, dill, shallots, pepper, tarragon and green peppercorns. Cover the flesh side of the salmon with this mixture, making sure to coat it completely. Wrap the fish well, and refrigerate for about 48 hours, weighted down with plate and a couple of cans of vegetables (or similar). Check the fish every 12 hours or so and drain off any excess liquid. Unwrap the salmon, and rinse off the cure. Dry, then slice on the bias.
- ☐ Serve as you like.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:2.97, Inflammation Score:-2, Nutrition Score:10.599565169653%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 130.89kcal (6.54%), Fat: 4.82g (7.42%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.43g (1.61%), Sugar: 4.16g (4.62%), Cholesterol: 41.58mg (13.86%), Sodium: 4774.49mg (207.59%), Alcohol: 0.83g (100%), Alcohol %: 1.1% (100%), Protein: 15.06g (30.11%), Vitamin B12: 2.4µg (40.07%), Selenium: 27.66µg (39.51%), Vitamin B6: 0.62mg (31.01%), Vitamin B3: 5.95mg (29.75%), Vitamin B2: 0.29mg (17.04%), Phosphorus: 152.22mg (15.22%), Vitamin B5: 1.27mg (12.66%), Vitamin B1: 0.17mg (11.44%), Potassium: 379.39mg (10.84%), Copper: 0.2mg (10%), Magnesium: 22.99mg (5.75%), Folate: 19.23µg (4.81%), Manganese: 0.09mg (4.52%), Iron: 0.71mg (3.93%), Zinc: 0.5mg (3.36%), Calcium: 14.6mg (1.46%)