



Hot-smoked salmon & egg salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 eggs
- ☐ 220 g baby spinach washed
- ☐ 12 cherry tomatoes quartered
- ☐ 0.5 cucumber cubed
- ☐ 1 avocado ripe sliced
- ☐ 4 spring onion
- ☐ 250 g salmon fillet
- ☐ 3 tbsp olive oil

- ☐ 1 tbsp juice of lemon
- ☐ 1 tsp dijon mustard
- ☐ 1 tbsp capers roughly chopped

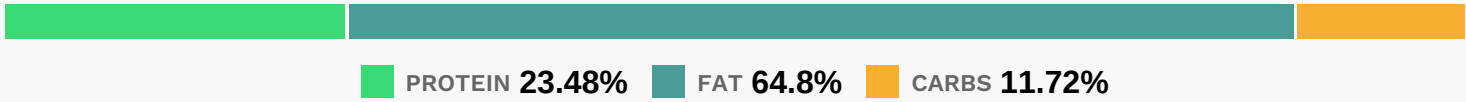
Equipment

- ☐ whisk

Directions

- ☐ First, hard-boil the eggs.
- ☐ Put them into boiling water and simmer for 7 mins, if you like a slightly runny yolk, or 8 mins for a set yolk. Allow to cool, then peel and quarter.
- ☐ Divide the greens equally between plates with the tomatoes, cucumber, avocado and spring onions.
- ☐ Place an egg on top of each salad and flake over some of the hot-smoked salmon.
- ☐ For the vinaigrette, whisk the ingredients together, adding some freshly ground black pepper, then mix in 1 tbsp water and spoon a little over each dish.
- ☐ Serve with warm soda bread or wholegrain rolls for a delicious lunch or supper.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:34.534348114677%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 6.5mg, Kaempferol: 6.5mg, Kaempferol: 6.5mg, Kaempferol: 6.5mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 357.14kcal (17.86%), Fat: 26.46g (40.7%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 5.12g (1.86%), Sugar: 2.91g (3.24%), Cholesterol: 198.05mg (66.02%), Sodium: 218.76mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.13%), Vitamin K: 312.17µg (297.31%), Vitamin A: 5893.43IU (117.87%), Selenium: 37.89µg (54.13%), Folate: 204.6µg (51.15%), Vitamin C: 37.11mg (44.99%), Vitamin B6: 0.89mg (44.61%), Vitamin B12: 2.38µg (39.65%), Vitamin B2: 0.64mg (37.79%), Manganese: 0.69mg (34.72%), Vitamin B3: 6.59mg (32.95%), Potassium: 1119.58mg (31.99%), Vitamin E: 4.52mg (30.15%), Phosphorus: 293.66mg (29.37%), Vitamin B5: 2.62mg (26.22%), Magnesium: 94.45mg (23.61%), Fiber: 5.64g (22.57%), Copper: 0.44mg (21.97%), Iron: 3.76mg (20.9%), Vitamin B1: 0.28mg (18.38%), Zinc: 1.78mg (11.86%), Calcium: 114.1mg (11.41%), Vitamin D: 0.88µg (5.87%)