



Hot-smoked salmon salad with a chilli lemon dressing



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 500 g baby potatoes halved
- ☐ 200 g pack asparagus tips
- ☐ 250 g salad leaves mixed (including young beetroot leaves and watercress)
- ☐ 1 bunch parsley and mint leaves picked roughly chopped
- ☐ 140 g radishes thinly sliced
- ☐ 8 hot-smoked salmon steaks skinless
- ☐ 4 spring onion sliced

- ☐ 3 tbsp juice of lemon
- ☐ 125 ml olive oil
- ☐ 1 tsp wholegrain mustard
- ☐ 2 chillies red

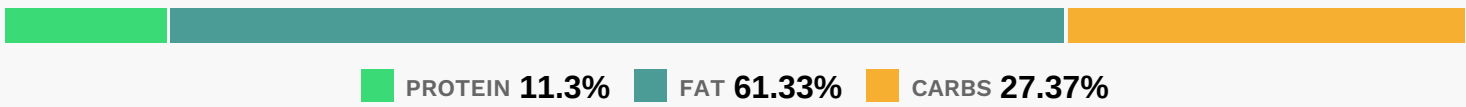
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Boil potatoes in salted water for 10 mins until tender, adding the asparagus tips for the final 2 mins of cooking.
- ☐ Drain and allow to cool.
- ☐ Whisk together the salad dressing ingredients. then season to taste.
- ☐ In a large bowl, toss together the potatoes, asparagus, salad leaves, herbs and radishes.
- ☐ Add two-thirds of the dressing, thoroughly mix through the salad, then spread the salad over a large platter. Break the hot-smoked salmon into large chunks, then scatter over the top along with the spring onions. Finish by pouring remaining dressing over the top.

Nutrition Facts



Properties

Glycemic Index:32.09, Glycemic Load:8.7, Inflammation Score:-7, Nutrition Score:13.331304270288%

Flavonoids

Pelargonidin: 11.05mg, Pelargonidin: 11.05mg, Pelargonidin: 11.05mg, Pelargonidin: 11.05mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 218.82kcal (10.94%), Fat: 15.36g (23.62%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 12.83g (4.66%), Sugar: 2.17g (2.41%), Cholesterol: 4.6mg (1.53%), Sodium: 185.34mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin C: 43.19mg (52.35%), Vitamin K: 34.43µg (32.79%), Vitamin D: 3.42µg (22.8%), Vitamin E: 2.73mg (18.23%), Vitamin B6: 0.36mg (18.22%), Vitamin A: 752.82IU (15.06%), Potassium: 505.65mg (14.45%), Folate: 47.5µg (11.88%), Manganese: 0.24mg (11.82%), Vitamin B3: 2.25mg (11.26%), Selenium: 7.78µg (11.12%), Vitamin B12: 0.65µg (10.87%), Phosphorus: 105.66mg (10.57%), Copper: 0.21mg (10.38%), Fiber: 2.59g (10.35%), Iron: 1.77mg (9.85%), Magnesium: 31.49mg (7.87%), Vitamin B1: 0.12mg (7.74%), Vitamin B2: 0.12mg (6.76%), Vitamin B5: 0.53mg (5.32%), Zinc: 0.56mg (3.72%), Calcium: 32.12mg (3.21%)