



Hot smoked salmon with fennel salad & lemon mayo



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 juice of lemon
- ☐ 6 tbsp mayonnaise light
- ☐ 1 small bunch optional: dill chopped
- ☐ 1 fennel bulb halved thinly sliced
- ☐ 0.5 cucumber peeled
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 tbsp olive oil

- ☐ 40 g watercress
- ☐ 200 g salmon fillet smoked hot

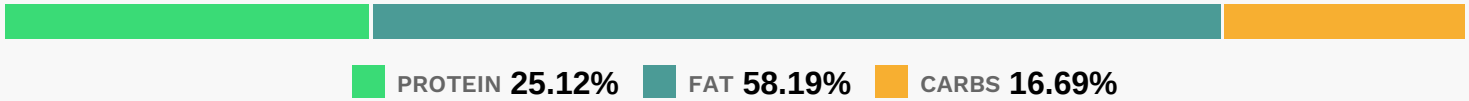
Equipment

- ☐ bowl
- ☐ ramekin

Directions

- ☐ Mix together the lemon juice, mayonnaise, a little of the dill and some seasoning, then spoon into a ramekin. In a large bowl, mix together the remaining dill, fennel and cucumber, season, then drizzle over the vinegar and oil.
- ☐ Put the watercress on 2 plates and top with the fennel salad. Flake the salmon on the side and serve with the lemon mayo.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:27.039130231609%

Flavonoids

Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 356.01kcal (17.8%), Fat: 23.06g (35.48%), Saturated Fat: 3.52g (22%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 10.6g (3.86%), Sugar: 7.36g (8.17%), Cholesterol: 61.72mg (20.57%), Sodium: 463.59mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Vitamin K: 155.64µg (148.23%), Selenium: 38.67µg (55.25%), Vitamin B12: 3.18µg (53%), Vitamin B6: 0.94mg (47.11%), Vitamin B3: 8.7mg (43.48%), Vitamin C: 28.44mg (34.48%), Potassium: 1172.7mg (33.51%), Phosphorus: 294.67mg (29.47%), Vitamin B2: 0.46mg (27.22%),

Vitamin B5: 2.21mg (22.14%), Copper: 0.41mg (20.36%), Vitamin A: 957.42IU (19.15%), Vitamin B1: 0.28mg (18.96%),
Vitamin E: 2.84mg (18.93%), Folate: 72.82µg (18.2%), Manganese: 0.36mg (18%), Fiber: 4.28g (17.14%), Magnesium:
64.25mg (16.06%), Iron: 2.06mg (11.46%), Calcium: 108.8mg (10.88%), Zinc: 1.07mg (7.1%)