



Hot-smoked trout & mustard salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g green beans trimmed
- ☐ 1 head the of 1 cos lettuce separated
- ☐ 250 g trout
- ☐ 50 g croutons
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp coarse mustard
- ☐ 1 lemon zest

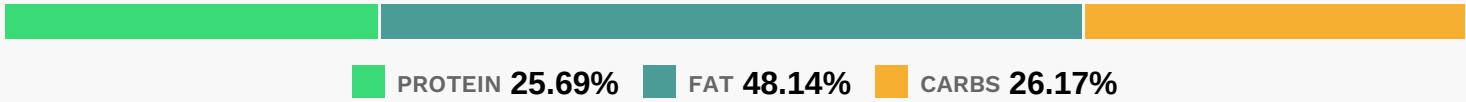
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook the green beans in a small pan of boiling salted water for 3–4 mins, until just tender.
- ☐ Drain and refresh under cold running water.
- ☐ Transfer to a serving bowl, add the lettuce, trout and croutons.
- ☐ Whisk the oil with the mustard and lemon zest and juice. Season and drizzle over the salad. Gently toss to coat and serve straight away.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:7.15, Inflammation Score:-10, Nutrition Score:27.000869564388%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 271.92kcal (13.6%), Fat: 14.93g (22.97%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 12.67g (4.61%), Sugar: 3.61g (4.01%), Cholesterol: 66.25mg (22.08%), Sodium: 190.57mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Vitamin A: 14051.44IU (281.03%), Vitamin K: 188.29µg (179.32%), Folate: 250.05µg (62.51%), Selenium: 36.15µg (51.64%), Vitamin B12: 2.16µg (36.04%), Phosphorus: 285.18mg (28.52%), Vitamin B6: 0.48mg (24.17%), Potassium: 788.81mg (22.54%), Fiber: 5.59g (22.38%), Manganese: 0.44mg (22.03%), Vitamin B2: 0.32mg (19.05%), Vitamin B1: 0.28mg (18.84%), Vitamin C: 14.31mg (17.35%), Vitamin B3: 3.39mg (16.95%), Magnesium: 65.31mg (16.33%), Iron: 2.89mg (16.07%), Vitamin E: 1.94mg (12.92%), Calcium: 97.87mg (9.79%), Vitamin B5: 0.94mg (9.45%), Copper: 0.16mg (7.9%), Zinc: 0.98mg (6.54%)