



## Jade Buddha Salmon Tartare

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces salmon diced finely
- 2 tablespoons spring onion chopped
- 1 tablespoon chives chopped
- 1 tablespoon cilantro leaves
- 1 tablespoon thai basil
- 2 teaspoons ginger grated
- 1 lime zest
- 1 tablespoon juice of lime good

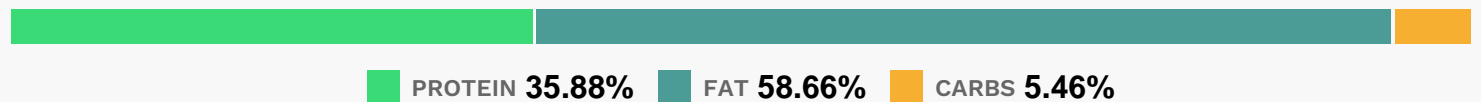
- 1 teaspoon rice vinegar
- 2 servings scotch bonnet peppers green minced
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- 2 servings salt and pepper
- 2 servings olive oil

## Equipment

## Directions

- Combine all ingredients except lime juice and vinegar.
- Chill for 30 minutes.
- Add lime juice and vinegar, adjust to perfect, and serve.

## Nutrition Facts



## Properties

Glycemic Index:183, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:27.198695652174%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Taste

Sweetness: 22.66%, Saltiness: 100%, Sourness: 25.98%, Bitterness: 10.09%, Savoriness: 74.62%, Fattiness: 63.67%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 382.72kcal (19.14%), Fat: 24.91g (38.32%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.01g (1.12%), Cholesterol: 93.55mg (31.18%), Sodium: 271.36mg (11.8%), Protein: 34.28g (68.56%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.32µg (89.03%), Vitamin B6: 1.43mg (71.48%),

Vitamin B3: 13.54mg (67.7%), Vitamin B2: 0.66mg (39.07%), Phosphorus: 352.66mg (35.27%), Vitamin B5: 2.93mg (29.33%), Vitamin K: 29.34µg (27.94%), Vitamin B1: 0.4mg (26.88%), Potassium: 916.38mg (26.18%), Copper: 0.47mg (23.4%), Vitamin C: 17.21mg (20.86%), Vitamin E: 2.17mg (14.5%), Magnesium: 55.81mg (13.95%), Folate: 52.85µg (13.21%), Iron: 1.83mg (10.17%), Zinc: 1.19mg (7.9%), Vitamin A: 298.94IU (5.98%), Fiber: 1.25g (5.01%), Calcium: 41.13mg (4.11%), Manganese: 0.07mg (3.45%)