

# Layered Melon and Smoked Sable with Ginger Emulsion

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**232 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 inch ginger peeled
- 1 tablespoon juice of lime fresh
- 1 cavaillon melon or
- 0.3 cup olive oil
- 4 servings radishes black red thin
- 0.8 pound sable smoked thin

## Equipment

- bowl
- blender

## Directions

- Finely grate enough ginger to measure 1 tablespoon. Purée ginger, oil, and lime juice in a blender until smooth and emulsified.
- Transfer to a small bowl.
- Arrange sable slices in 1 layer on a tray and brush with some of ginger emulsion.
- Halve melon lengthwise, then seed and peel.
- Cut 12 (1/8-inch-thick) lengthwise slices of melon.
- Arrange 3 melon slices and 3 sable slices on each of 4 plates.
- Drizzle plates with ginger emulsion.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:8.3404347015464%

## Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 232.29kcal (11.61%), Fat: 18.45g (28.38%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.24g (1.38%), Cholesterol: 39.97mg (13.32%), Sodium: 281.48mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.99%), Selenium: 19.86µg (28.38%), Vitamin B12: 1.68µg (28.07%), Phosphorus: 252.96mg (25.3%), Vitamin E: 3.07mg (20.49%), Vitamin C: 10.01mg (12.13%), Vitamin K: 11.62µg (11.06%), Potassium: 361.79mg (10.34%), Vitamin B6: 0.15mg (7.53%), Magnesium: 25.39mg (6.35%), Vitamin B3: 1.12mg (5.62%), Folate: 21.48µg (5.37%), Fiber: 1.05g (4.2%), Vitamin B2: 0.06mg (3.72%), Vitamin B5: 0.36mg (3.62%), Manganese: 0.06mg (3.15%), Zinc: 0.45mg (2.98%), Copper: 0.06mg (2.91%), Vitamin D: 0.43µg

(2.83%), Iron: 0.47mg (2.61%), Vitamin B1: 0.04mg (2.49%), Calcium: 22.89mg (2.29%)