



 100%
HEALTH SCORE

Lightly smoked salmon with orange & rhubarb salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp juniper berries
- ☐ 1 tsp peppercorns black
- ☐ 2 fillet salmon fillet smoked fine (if you can't find them, normal salmon is)
- ☐ 2 tsp olive oil
- ☐ 1 cranberry-orange relish
- ☐ 2 sticks rhubarb shredded thin
- ☐ 1 large handful watercress

☐ 50 ml olive oil extra virgin

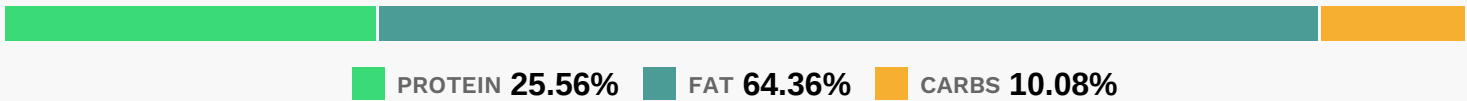
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ To start the salad, slice the top and bottom off the orange, then cut away all the zest and pith. Holding over a bowl, cut the segments free by slicing between the membranes, catching all the juices and segments.
- ☐ Add the rhubarb to the bowl, then allow to stand for 15 mins.
- ☐ Meanwhile, roughly grind the juniper berries and peppercorns using a pestle and mortar.
- ☐ Put the salmon on a baking sheet, rub the flesh with oil, then spread on the crushed juniper mix.
- ☐ Heat the grill to medium and cook the salmon for 6–7 mins, making sure the rub doesnt burn.
- ☐ To finish the salad, add watercress and extra virgin olive oil to the rhubarb and orange, give it a good stir, then serve with the salmon.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:3.07, Inflammation Score:-6, Nutrition Score:31.616521420686%

Flavonoids

Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3–gallate: 0.31mg, Epicatechin 3–gallate: 0.31mg, Epicatechin 3–gallate: 0.31mg, Epicatechin 3–gallate: 0.31mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 551.92kcal (27.6%), Fat: 39.56g (60.85%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 10.88g (3.96%), Sugar: 6.7g (7.44%), Cholesterol: 93.5mg (31.17%), Sodium: 78.03mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.69%), Vitamin B12: 5.41µg (90.1%), Selenium: 63.05µg (90.07%), Vitamin B6: 1.45mg (72.46%), Vitamin B3: 13.73mg (68.63%), Vitamin C: 39.14mg (47.44%), Vitamin B2: 0.69mg (40.71%), Phosphorus: 360.09mg (36.01%), Vitamin K: 36.24µg (34.52%), Potassium: 1129.6mg (32.27%), Vitamin B5: 3.07mg (30.68%), Vitamin B1: 0.45mg (30.28%), Vitamin E: 4.22mg (28.12%), Copper: 0.49mg (24.74%), Manganese: 0.43mg (21.27%), Folate: 66.14µg (16.53%), Magnesium: 65.84mg (16.46%), Fiber: 3.05g (12.2%), Iron: 1.91mg (10.59%), Calcium: 101.08mg (10.11%), Zinc: 1.21mg (8.08%), Vitamin A: 295.38IU (5.91%)