



Lomi Lomi Salmon

 **Gluten Free**  **Dairy Free**

READY IN



1470 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 0.5 bunch cilantro leaves fresh
- 1 juice of lime
- 1 cup kosher salt
- 2 plum tomatoes diced seeded
- 1 pound salmon fillet wild skinless dry rinsed ()
- 4 scallions thinly sliced
- 1 serrano chiles diced seeded

- 2 teaspoons sesame oil toasted
- 0.5 cup sugar
- 1 tablespoon vegetable oil

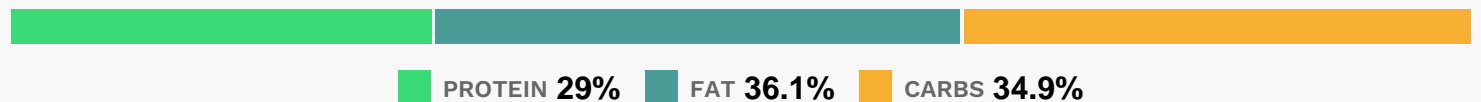
Equipment

- bowl
- plastic wrap

Directions

- Mix the salt and sugar in a bowl.
- Place 2 long pieces of plastic wrap on a work surface, overlapping them to form a cross. Put half of the cilantro sprigs in the middle of the plastic wrap and top with half of the salt-sugar mixture. Press the salmon into the mixture, making sure the bottom of the fish is covered with salt and sugar.
- Sprinkle the salmon with the remaining salt-sugar mixture and rub it in, then place the rest of the cilantro on top. Wrap tightly in the plastic and refrigerate for 24 hours.
- The next day, unwrap the salmon, rinse off the salt and pat dry.
- Cut into 1/4-to-1/2-inch cubes.
- Make the salad: Toss the salmon, cilantro, tomatoes, scallions, jalapeno, vegetable and sesame oils and lime juice in a bowl. (Traditionally, the cured salmon is flaked and "massaged" with the other ingredients by hand.)
- Garnish the salad with chopped macadamia nuts, if desired.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:17.96, Inflammation Score:-6, Nutrition Score:19.896956474885%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 317.25kcal (15.86%), Fat: 12.78g (19.66%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.97g (9.81%), Sugar: 26.25g (29.16%), Cholesterol: 62.37mg (20.79%), Sodium: 28348.18mg (1232.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.72µg (59.6%), Vitamin B6: 0.97mg (48.66%), Vitamin B3: 9.22mg (46.08%), Vitamin K: 40.24µg (38.32%), Vitamin B2: 0.46mg (26.87%), Phosphorus: 241.29mg (24.13%), Potassium: 692.35mg (19.78%), Vitamin B5: 1.95mg (19.47%), Vitamin B1: 0.28mg (18.56%), Copper: 0.34mg (17.19%), Vitamin C: 9.97mg (12.08%), Vitamin A: 575.99IU (11.52%), Folate: 43.01µg (10.75%), Magnesium: 40.88mg (10.22%), Iron: 1.48mg (8.21%), Manganese: 0.16mg (7.97%), Zinc: 0.92mg (6.14%), Calcium: 45.67mg (4.57%), Vitamin E: 0.62mg (4.11%), Fiber: 0.83g (3.3%)