



100%  
HEALTH SCORE

# Marinated Wild Alaskan Salmon and Avocado Salad with Watercress

 Gluten Free  Dairy Free  Very Healthy

READY IN



240 min.

SERVINGS



4

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 teaspoon chives minced
- 1 cup cider vinegar
- 1 cup cilantro sprigs loosely packed trimmed
- 2 tablespoon dijon mustard
- 3 hass avocados
- 1 juice of lemon
- 1 pinch kosher salt & pepper black plus more to taste

- 1 teaspoon mustard seeds whole to taste
- 0.5 cup very olive oil good
- 1 pound alaskan salmon wild cut into 1-inch cubes
- 2 cup watercress loosely packed trimmed

## Equipment

- bowl
- whisk
- melon baller

## Directions

- In a large bowl whisk together the dijon mustard and vinegar together until well incorporated. Slowly add the oil in a steady stream, whisking constantly. A thick creamy, fully emulsified dressing is your goal.
- Add a pinch each salt and pepper.
- Place the salmon cubes into the large bowl with the mustard vinaigrette. Toss to coat; cover and refrigerate 4 to 8 hours, tossing them once in a while to assure even marination. Just before serving. Slice the avocados in half and remove the pits. Use a melon baller to make as many nicely formed balls as possible, placing them in a medium bowl as you work.
- Pour the lemon juice over them to keep them from discoloring. Toss gently to combine. Plate each salad individually by dividing the watercress and cilantro evenly between each plate.
- Drain the salmon and avocado, discarding the liquid. Divide the salmon and avocado between the plates. The liquid that clings to them should be enough of a dressing. But a plain vinaigrette could be added if you wish.
- Garnish each with whole mustards seeds and minced chives. Season to taste with more salt and pepper if you like.

## Nutrition Facts

 **PROTEIN 21.94%**  **FAT 65.73%**  **CARBS 12.33%**

## Properties

Glycemic Index:55.25, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:34.503913153773%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

## Nutrients (% of daily need)

Calories: 475.41kcal (23.77%), Fat: 35.33g (54.36%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 4.18g (1.52%), Sugar: 1.65g (1.84%), Cholesterol: 62.37mg (20.79%), Sodium: 164.72mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.08%), Vitamin K: 90.49µg (86.18%), Vitamin B6: 1.35mg (67.74%), Selenium: 46.36µg (66.23%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 11.7mg (58.5%), Fiber: 10.74g (42.96%), Vitamin B5: 4.1mg (40.96%), Potassium: 1432.65mg (40.93%), Folate: 157.97µg (39.49%), Vitamin B2: 0.66mg (38.95%), Phosphorus: 337.14mg (33.71%), Vitamin C: 26.6mg (32.24%), Copper: 0.61mg (30.44%), Vitamin E: 4.24mg (28.29%), Vitamin B1: 0.4mg (26.5%), Manganese: 0.49mg (24.55%), Magnesium: 91.13mg (22.78%), Vitamin A: 1094.73IU (21.89%), Zinc: 1.85mg (12.35%), Iron: 2.19mg (12.16%), Calcium: 66.42mg (6.64%)