



Moroccan Salmon Crudo with Yogurt

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cucumber diced english peeled seeded
- ☐ 1 teaspoon optional: dill fresh plus more, coarsely chopped, for garnish finely chopped
- ☐ 1 teaspoon mint leaves fresh plus more, coarsely chopped, for garnish finely chopped
- ☐ 1 juice of lemon
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup greek yogurt plain
- ☐ 1 teaspoon ras el hanout spice mix
- ☐ 0.5 pound salmon fillet fresh thinly sliced

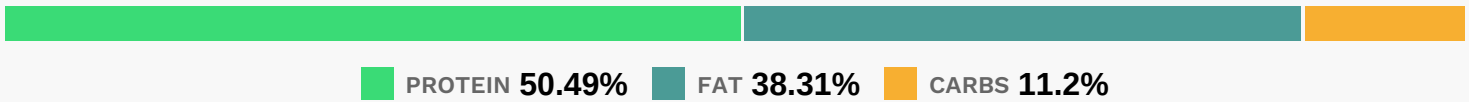
☐ 4 servings sea salt

Equipment

Directions

- ☐ Combine the finely chopped dill, finely chopped mint, lemon zest, three-quarters of the lemon juice, the ras el hanout, olive oil, and cucumber and mix to make a chunky vinaigrette.
- ☐ Smear a thin layer of yogurt down the center of a large plate.
- ☐ Layer the salmon thinly on top of the yogurt.
- ☐ Sprinkle the salmon with the remaining lemon juice and a pinch of salt.
- ☐ Drizzle the vinaigrette on top and garnish with the coarsely chopped dill and mint.
- ☐ Serve immediately.
- ☐ From In the Kitchen with the Pike
- ☐ Place Fish Guys by The Crew of Pike
- ☐ Place Fish, (C) © 2013 Viking Studio

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:10.251304419144%

Flavonoids

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 Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 113.23kcal (5.66%), Fat: 4.77g (7.34%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.71g (0.99%), Sugar: 1.65g (1.84%), Cholesterol: 32.43mg (10.81%), Sodium: 228.73mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Selenium: 23.31µg (33.3%), Vitamin B12: 1.98µg (32.97%), Vitamin B6: 0.5mg (25.18%), Vitamin B3: 4.58mg (22.88%), Vitamin B2: 0.3mg (17.76%), Phosphorus:

157.77mg (15.78%), Vitamin B5: 1.14mg (11.38%), Potassium: 382.6mg (10.93%), Vitamin B1: 0.15mg (9.77%), Vitamin K: 9.86µg (9.39%), Copper: 0.17mg (8.3%), Magnesium: 25.91mg (6.48%), Folate: 21.3µg (5.33%), Calcium: 49.23mg (4.92%), Vitamin C: 3.99mg (4.84%), Iron: 0.78mg (4.31%), Zinc: 0.59mg (3.92%), Manganese: 0.07mg (3.4%), Vitamin E: 0.26mg (1.74%), Fiber: 0.43g (1.7%), Vitamin A: 75IU (1.5%)