



Pickled Salmon

 **Gluten Free**

 **Dairy Free**

Image not found or type unknown

Image not found or type unknown

READY IN

ready

45 min.

Image not found or type unknown

SERVINGS

servings

4

Image not found or type unknown

CALORIES

calories

181 kcal

Image not found or type unknown

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 4 cardamom pods hulled
- ☐ 0.5 teaspoon coriander seed
- ☐ 10 chilies dried hot each 2 in. long
- ☐ 0.5 teaspoon fennel seed
- ☐ 3 cloves garlic peeled
- ☐ 0.3 cup juice of lemon
- ☐ 0.8 teaspoon mustard seed

- ☐ 1.5 cups onion red very thin
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup vinegar
- ☐ 1.5 cups onion white very thin
- ☐ 0.5 pound boned cut into 1/2-inch slices

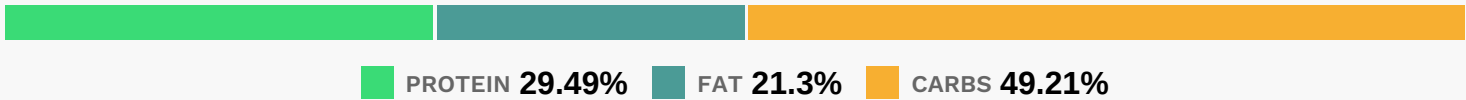
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine vinegar, lemon juice, 1/2 cup water, sugar, dried chilies, cardamom, garlic, mustard seed, peppercorns, fennel, and coriander.
- ☐ Add the salmon and mix. Cover and chill at least 2 or up to 5 hours.
- ☐ Place white and red onions in a nonstick 10- to 12-inch frying pan.
- ☐ Drain marinade from fish into pan. Bring to a boil over high heat.
- ☐ Lay salmon on onions. Cover; simmer until fish is opaque but still moist-looking in center (cut to test), about 1 minute.
- ☐ Transfer fish and onion mixture to a jar or bowl.
- ☐ Let cool, then cover and chill at least 2 hours or up to 5 days.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:6.99, Inflammation Score:-7, Nutrition Score:14.663043400516%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 24.47mg, Quercetin: 24.47mg, Quercetin: 24.47mg, Quercetin: 24.47mg

Nutrients (% of daily need)

Calories: 181.29kcal (9.06%), Fat: 4.3g (6.62%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 18.89g (6.87%), Sugar: 12.18g (13.53%), Cholesterol: 31.18mg (10.39%), Sodium: 33.02mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.81%), Manganese: 0.9mg (44.85%), Vitamin B6: 0.66mg (33.24%), Selenium: 23.14µg (33.05%), Vitamin B12: 1.8µg (30.05%), Vitamin B3: 4.81mg (24.07%), Vitamin C: 18.41mg (22.31%), Phosphorus: 167.86mg (16.79%), Vitamin B2: 0.28mg (16.31%), Potassium: 548.37mg (15.67%), Fiber: 3.48g (13.92%), Vitamin B1: 0.2mg (13.63%), Vitamin B5: 1.16mg (11.55%), Copper: 0.23mg (11.37%), Folate: 42.75µg (10.69%), Magnesium: 41.03mg (10.26%), Iron: 1.32mg (7.33%), Vitamin A: 361.12IU (7.22%), Calcium: 58.59mg (5.86%), Zinc: 0.83mg (5.54%), Vitamin K: 2.8µg (2.67%)