



Poached Salmon Salad with Beets



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium beets paper-thin peeled sliced
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons horseradish prepared
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup rice vinegar
- ☐ 1 pound salmon fillet skinless
- ☐ 0.5 cup cream sour
- ☐ 6 cups watercress thick

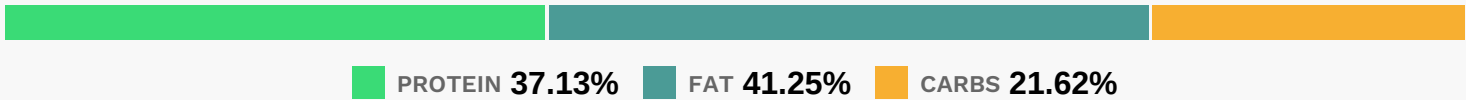
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mandoline
- ☐ peeler
- ☐ box grater

Directions

- ☐ Place the salmon in a large skillet and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add 1/4 cup of the rice vinegar and water to reach halfway up the salmon. Cover and simmer over medium heat until the salmon is opaque and beginning to flake, 12 to 15 minutes.
- ☐ Transfer to a plate and refrigerate until cool, 15 to 20 minutes. Using a fork, flake the salmon into bite-size pieces. Meanwhile, in a small bowl, combine the sour cream, horseradish, the remaining 1 tablespoon of the vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. In individual bowls, combine the watercress, salmon, and beets.
- ☐ Drizzle with the dressing and sprinkle with the dill. Technique: Beets are delicious raw, but they should be sliced very thinly. The easiest way is with a Japanese mandoline. You can also do it with a vegetable peeler, or try grating them on a box grater.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:5.96, Inflammation Score:-9, Nutrition Score:31.491738962091%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 11.77mg, Kaempferol: 11.77mg, Kaempferol: 11.77mg, Kaempferol: 11.77mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg

Nutrients (% of daily need)

Calories: 286.74kcal (14.34%), Fat: 13.11g (20.18%), Saturated Fat: 4.07g (25.47%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 11.27g (4.1%), Sugar: 10.61g (11.79%), Cholesterol: 79.33mg (26.44%), Sodium: 420.65mg (18.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.13%), Vitamin K: 128.33µg (122.22%), Selenium: 44.2µg (63.14%), Vitamin B12: 3.67µg (61.11%), Vitamin B6: 1.1mg (54.96%), Vitamin B3: 9.51mg (47.57%), Folate: 180.35µg (45.09%), Vitamin A: 1909.62IU (38.19%), Vitamin C: 31.41mg (38.07%), Vitamin B2: 0.59mg (34.98%), Potassium: 1203.77mg (34.39%), Phosphorus: 334.5mg (33.45%), Manganese: 0.59mg (29.56%), Vitamin B5: 2.35mg (23.51%), Vitamin B1: 0.35mg (23.23%), Copper: 0.43mg (21.57%), Magnesium: 79.11mg (19.78%), Fiber: 4.2g (16.8%), Calcium: 132.04mg (13.2%), Iron: 2.12mg (11.76%), Zinc: 1.42mg (9.47%), Vitamin E: 0.67mg (4.48%)