



 **100%**
HEALTH SCORE

Richard Blais's Barely Smoked Salmon with Pumpernickel-Avocado-Egg Salsa and 'Everything Bagel' Vinaigrette

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted ripe halved
- 4 servings everything bagel" vinaigrette for serving
- 1 tablespoon capers drained
- 8 cherry tomatoes peeled
- 2 cups pumpernickel bread cubed lightly toasted toasted ()
- 2 tablespoons parsley fresh chopped

- 1 teaspoon tarragon fresh chopped
- 1 large hardboiled eggs white separated
- 4 servings pepper black freshly ground to taste
- 0.5 cup fries
- 0.5 small onion red finely chopped
- 16 ounce salmon fillet wild

Equipment

- bowl
- frying pan
- aluminum foil
- stove
- spatula
- melon baller

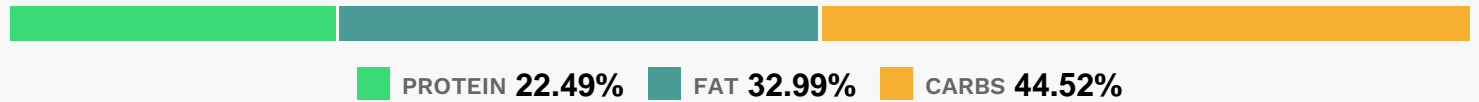
Directions

- Spray the rack of a stovetop smoker with cooking spray and set the salmon on it.
- Pour the hickory chips into the chamber of the smoker, close the lid three-quarters of the way, and heat over medium heat. After about 5 minutes, when the chips begin to smolder, open the lid and place the salmon on the rack over the chips. Close the lid and remove from the heat.
- Let stand for 5 to 6 minutes.
- Meanwhile, in a large bowl, combine the bagel, onion, and capers. With a small melon baller, cut balls from the avocado and add to the bowl along with the tomatoes. Finely chop the hard-boiled egg white and add it, along with the parsley and tarragon. Season with salt and pepper and gently toss with a rubber spatula.
- Drizzle enough vinaigrette over the pumpernickel mixture to moisten. Toss very gently.
- To serve, transfer the salmon to four plates. Divide the pumpernickel salsa among the plates.
- Drizzle the remaining vinaigrette over the salmon and crumble the egg yolk over the salmon.
- Serve immediately.

Note:that rests on top of the chips, simply roll pieces of aluminum foil into tight sturdy rods and lay them close together in the pan; spray them with cooking spray before you heat the hickory chips.

Place the salmon on the rack or foil rods and smoke as directed.

Nutrition Facts



Properties

Glycemic Index:98.33, Glycemic Load:33.24, Inflammation Score:-8, Nutrition Score:41.40217375237%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 650.7kcal (32.54%), Fat: 24.13g (37.12%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 73.25g (24.42%), Net Carbohydrates: 60.18g (21.88%), Sugar: 2.55g (2.84%), Cholesterol: 108.99mg (36.33%), Sodium: 985.32mg (42.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.03%), Selenium: 74.86µg (106.95%), Manganese: 1.82mg (90.99%), Vitamin B3: 14.41mg (72.07%), Vitamin B6: 1.33mg (66.63%), Vitamin B12: 3.74µg (62.41%), Vitamin B2: 0.95mg (56.1%), Phosphorus: 525.31mg (52.53%), Fiber: 13.07g (52.29%), Folate: 203.21µg (50.8%), Vitamin B1: 0.73mg (48.7%), Vitamin K: 46µg (43.81%), Copper: 0.78mg (38.86%), Potassium: 1311.84mg (37.48%), Vitamin B5: 3.47mg (34.72%), Iron: 5.72mg (31.78%), Magnesium: 126.2mg (31.55%), Vitamin C: 18.65mg (22.61%), Zinc: 3.16mg (21.03%), Vitamin E: 1.89mg (12.62%), Calcium: 125.77mg (12.58%), Vitamin A: 543.05IU (10.86%), Vitamin D: 0.28µg (1.83%)