



Rollo De Salmon Ahumado Con Salsa Tartar Y Lentejas (Smoked Salmon Roll with Tartar Sauce and Lentils)

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices baguette toasted for serving
- ☐ 1 tablespoon capers finely chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons chives fresh finely chopped
- ☐ 2 teaspoons parsley fresh finely chopped
- ☐ 2 tablespoons pickled cucumbers / gherkins finely chopped

- ☐ 0.5 cup lentils french cooked drained
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 9 ounces salmon smoked thin the slices should not be so that they fall apart
- ☐ 2 spring onion white very finely chopped

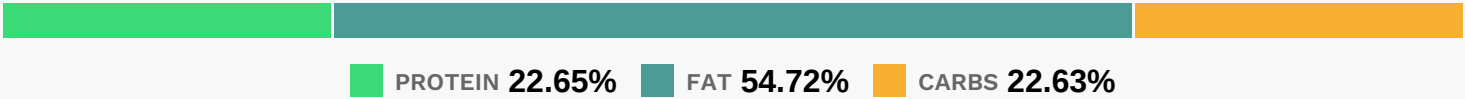
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ offset spatula
- ☐ cutting board

Directions

- ☐ Put the lentils in a bowl. Then add in half the gherkins, capers, chives, parsley and spring onions. Dress with the olive oil, mustard and salt and pepper to taste. Set aside.
- ☐ Put the mayonnaise in a bowl. Then add in the remaining half gherkins, capers, chives, parsley and spring onions. Set aside.
- ☐ Lay some plastic wrap on a cutting board, which will help to form the roll. Start to layer the sheets of smoked salmon on top, overlapping the slices, so that none of the filling escapes when you roll it up.
- ☐ Using an offset spatula (commonly used for frosting cakes), spread a thin layer of the tartar sauce right on the salmon, all the way to the outer edges of the salmon. Next, spoon on a layer of the prepared lentils over the tartar sauce layer.
- ☐ Using the plastic wrap to help, lift the salmon away from you and form it into a log form. (The plastic wrap helps to lift the delicate salmon. The plastic wrap should not get rolled into the salmon.) Once the roll is formed, use a very sharp knife to very gently slice the delicate roll into pieces, like a Japanese maki or sushi roll.
- ☐ Serve immediately on individual spoons or on top warm toasted baguette slices drizzled with a little olive oil.

Nutrition Facts



Properties

Glycemic Index:73.69, Glycemic Load:2.81, Inflammation Score:-4, Nutrition Score:15.146086869032%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 347.86kcal (17.39%), Fat: 20.82g (32.03%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 11.27g (4.1%), Sugar: 1.25g (1.39%), Cholesterol: 22.51mg (7.5%), Sodium: 842.84mg (36.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.39g (38.79%), Vitamin D: 10.94µg (72.97%), Vitamin K: 51.31µg (48.87%), Vitamin B12: 2.1µg (35.03%), Selenium: 23.39µg (33.42%), Fiber: 8.11g (32.45%), Vitamin B3: 3.44mg (17.19%), Iron: 2.89mg (16.05%), Vitamin E: 2.07mg (13.79%), Phosphorus: 122.76mg (12.28%), Vitamin B6: 0.19mg (9.73%), Copper: 0.18mg (9.14%), Vitamin B5: 0.64mg (6.36%), Vitamin B2: 0.1mg (6.14%), Vitamin B1: 0.07mg (4.8%), Magnesium: 17.51mg (4.38%), Potassium: 151.21mg (4.32%), Manganese: 0.09mg (4.32%), Folate: 15.94µg (3.98%), Calcium: 39.61mg (3.96%), Vitamin C: 2.85mg (3.46%), Vitamin A: 172.63IU (3.45%), Zinc: 0.34mg (2.27%)