



Roulade of King Salmon Tartare



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arugula leaves fresh
- ☐ 1 tablespoon cumin seeds toasted
- ☐ 2 cucumbers english
- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons horseradish fresh grated
- ☐ 2 cups mangoes green peeled finely chopped
- ☐ 6 green onions finely chopped
- ☐ 2 tablespoons catsup

- ☐ 6 servings garnishes: salmon caviar fresh
- ☐ 2 pound king salmon fillet skinless finely chopped
- ☐ 1 teaspoon sesame oil hot
- ☐ 2 tablespoons wasabi prepared

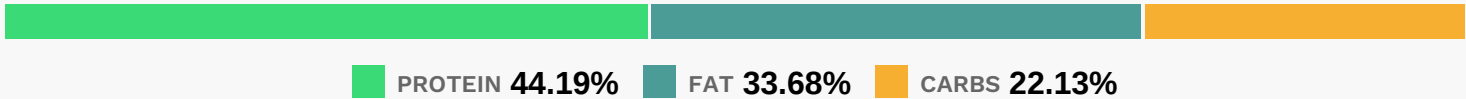
Equipment

- ☐ bowl
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Combine first 7 ingredients in a metal bowl; cover and chill 30 minutes.
- ☐ Combine wasabi and horseradish in a separate bowl; set both mixtures aside.
- ☐ Slice (1/4-inch-thick) ends from each cucumber, and discard. Thinly slice 18 (1/16-inch-thick) slices of cucumber lengthwise using a mandoline or vegetable peeler, avoiding center section of seeds.
- ☐ Spread about 1/4 to 1/2 teaspoon wasabi mixture over each cucumber slice.
- ☐ Spread about 1/4 cup salmon mixture over wasabi mixture.
- ☐ Roll up slices, starting at short end. Cover and chill until ready to serve.
- ☐ Arrange arugula on individual plates. Top with roulades.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:30.496086931747%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 291.66kcal (14.58%), Fat: 10.98g (16.9%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 13.88g (5.05%), Sugar: 10.89g (12.1%), Cholesterol: 86.9mg (28.97%), Sodium: 357.99mg (15.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.42g (64.84%), Vitamin B12: 4.9µg (81.71%), Selenium: 56.68µg (80.97%), Vitamin B6: 1.4mg (69.81%), Vitamin B3: 12.69mg (63.43%), Vitamin K: 54.75µg (52.14%), Vitamin B2: 0.67mg (39.59%), Phosphorus: 358.25mg (35.83%), Vitamin C: 29.1mg (35.28%), Potassium: 1121.47mg (32.04%), Vitamin B5: 2.96mg (29.62%), Vitamin B1: 0.41mg (27.42%), Copper: 0.52mg (26.04%), Vitamin A: 1160.97IU (23.22%), Folate: 89.57µg (22.39%), Magnesium: 82.66mg (20.66%), Iron: 2.66mg (14.8%), Manganese: 0.25mg (12.7%), Zinc: 1.46mg (9.76%), Fiber: 2.36g (9.45%), Calcium: 82.8mg (8.28%), Vitamin E: 0.82mg (5.46%)