



## Salmon Carpaccio with Wasabi

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 servings sesame seed white black
- 6 servings garnishes: pickled ginger sliced
- 4 ounces king salmon raw very thinly sliced
- 1 tablespoon sesame oil hot
- 0.5 teaspoon wasabi powder
- 0.5 teaspoon water
- 6 servings won ton crisps

### Equipment

## Directions

- Combine wasabi powder and 1/2 teaspoon water; brush mixture onto a chilled large serving platter.
- Sprinkle with hot sesame oil.
- Arrange sliced salmon on platter.
- Sprinkle with black and white sesame seeds, and garnish, if desired.
- Serve with Won Ton Crisps.

## Nutrition Facts

**PROTEIN 21.26%** **FAT 68.08%** **CARBS 10.66%**

## Properties

Glycemic Index:8.33, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:6.1152174249291%

## Nutrients (% of daily need)

Calories: 97.11kcal (4.86%), Fat: 7.53g (11.58%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 1.66g (0.61%), Sugar: 0.04g (0.05%), Cholesterol: 10.48mg (3.49%), Sodium: 15.08mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Copper: 0.38mg (18.89%), Selenium: 9.94µg (14.2%), Vitamin B6: 0.22mg (11%), Manganese: 0.21mg (10.44%), Vitamin B12: 0.6µg (10.02%), Vitamin B3: 1.91mg (9.55%), Phosphorus: 89.34mg (8.93%), Magnesium: 34.25mg (8.56%), Calcium: 81.02mg (8.1%), Iron: 1.36mg (7.53%), Vitamin B1: 0.11mg (7.44%), Vitamin B2: 0.1mg (5.63%), Zinc: 0.75mg (5.02%), Fiber: 0.99g (3.95%), Potassium: 135.49mg (3.87%), Folate: 13.47µg (3.37%), Vitamin B5: 0.32mg (3.21%)