



Salmon, fennel & lime plates



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

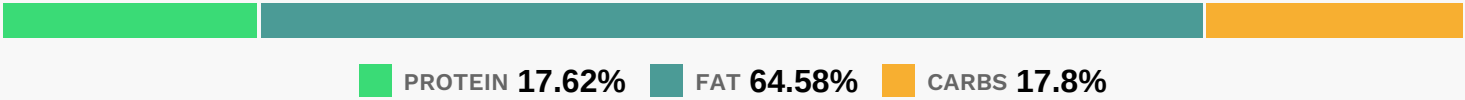
- ☐ 140 g salmon smoked
- ☐ 1 fennel bulb finely sliced
- ☐ 1 onion red finely sliced
- ☐ 1 juice of lime
- ☐ 2 tsp citrus champagne vinegar
- ☐ 3 tbsp olive oil
- ☐ 4 servings pepper black

Equipment

Directions

☐ Divide the smoked salmon between 4 plates. Toss the fennel, red onion, lime juice, white wine vinegar, olive oil and a little black pepper. Arrange over the salmon and serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.69, Inflammation Score:-4, Nutrition Score:10.577391375666%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 165.51kcal (8.28%), Fat: 12.16g (18.72%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 5.2g (1.89%), Sugar: 3.59g (3.99%), Cholesterol: 8.05mg (2.68%), Sodium: 306.5mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin K: 43.41µg (41.35%), Vitamin D: 5.99µg (39.9%), Vitamin B12: 1.14µg (19.02%), Selenium: 11.9µg (17%), Vitamin E: 2.35mg (15.65%), Vitamin C: 11.32mg (13.72%), Vitamin B3: 2.07mg (10.35%), Potassium: 354.77mg (10.14%), Phosphorus: 96.03mg (9.6%), Fiber: 2.34g (9.35%), Manganese: 0.17mg (8.42%), Vitamin B6: 0.16mg (8.05%), Copper: 0.13mg (6.67%), Folate: 22.49µg (5.62%), Magnesium: 19.87mg (4.97%), Vitamin B5: 0.48mg (4.85%), Iron: 0.87mg (4.83%), Calcium: 40.59mg (4.06%), Vitamin B2: 0.06mg (3.69%), Vitamin A: 113.69IU (2.27%), Vitamin B1: 0.03mg (1.9%), Zinc: 0.28mg (1.87%)