



Salmon & prawns with dill & lime aioli

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

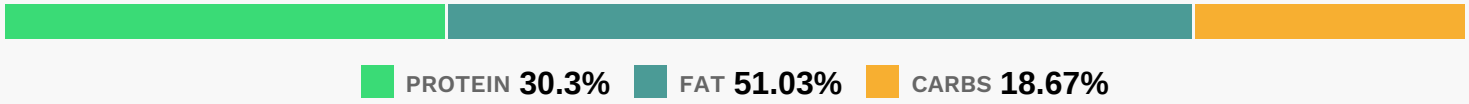
- ☐ 400 g shrimp shelled cooked
- ☐ 400 g salmon smoked
- ☐ 140 g mayonnaise
- ☐ 2 garlic clove crushed
- ☐ 2 tbsp optional: dill fresh chopped
- ☐ 0.5 juice of lime
- ☐ 8 servings bread

Equipment

Directions

- ☐
- Arrange the prawns and salmon on plates.
- ☐
- Mix the mayo, garlic and chopped dill, and add lime juice to taste. Put a spoonful on each plate, scatter over dill leaves add a wedge of lime and a grinding of pepper.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:7.27, Inflammation Score:-3, Nutrition Score:14.117826083432%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 298.35kcal (14.92%), Fat: 16.78g (25.81%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.67g (4.61%), Sugar: 1.74g (1.94%), Cholesterol: 99.35mg (33.12%), Sodium: 695.29mg (30.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.83%), Vitamin D: 8.59µg (57.23%), Selenium: 24.77µg (35.39%), Vitamin K: 29.97µg (28.54%), Vitamin B12: 1.65µg (27.52%), Phosphorus: 230.27mg (23.03%), Vitamin B3: 3.93mg (19.67%), Manganese: 0.37mg (18.71%), Copper: 0.36mg (17.91%), Iron: 1.75mg (9.73%), Magnesium: 38.55mg (9.64%), Vitamin B6: 0.18mg (9.08%), Vitamin E: 1.31mg (8.71%), Vitamin B1: 0.13mg (8.69%), Zinc: 1.15mg (7.69%), Potassium: 268.42mg (7.67%), Calcium: 75.73mg (7.57%), Vitamin B2: 0.13mg (7.4%), Vitamin B5: 0.7mg (7.02%), Folate: 26.03µg (6.51%), Fiber: 1.15g (4.58%), Vitamin A: 64.16IU (1.28%), Vitamin C: 0.94mg (1.14%)