



Salmon Seviche with Orange, Capers, and Roasted Poblano Chiles

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers rinsed drained
- ☐ 8 servings garnish: cilantro fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 lightly cups frisée lettuce packed
- ☐ 0.7 cup juice of lime fresh
- ☐ 1 large cranberry-orange relish
- ☐ 0.7 cup orange juice fresh

- ☐ 2 large poblano chiles
- ☐ 1 medium onion red chopped
- ☐ 1 pound salmon skinless cut into 1/2-inch cubes
- ☐ 0.5 teaspoon salt

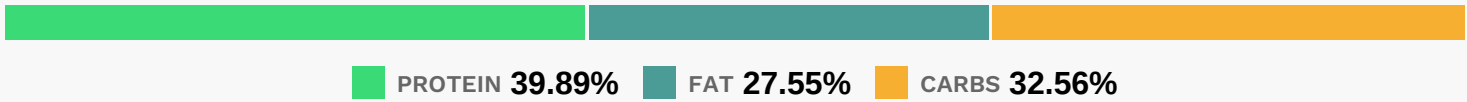
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Combine salmon and next 3 ingredients in a stainless steel or glass bowl. Cover and refrigerate 2 hours. (Salmon will be opaque on the outside and translucent pink inside.)
- ☐ Drain all but 1/4 cup of juice.
- ☐ Broil chiles on an aluminum foil-lined baking sheet 5 inches from heat (with electric oven door partially open) about 5 minutes on each side or until peppers look blistered.
- ☐ Let stand 10 minutes. Peel peppers; remove and discard seeds and stem.
- ☐ Cut into 1/4-inch pieces, and stir into salmon mixture.
- ☐ Peel orange with a sharp knife to remove rind and white pith.
- ☐ Cut into segments, discarding any seeds. Halve segments; add to salmon mixture. Stir in capers, cilantro, and salt. Cover and refrigerate until ready to serve.
- ☐ Divide the frise among 8 martini glasses or serving bowls. Spoon sevice into center of frise; garnish, if desired.
- ☐ Serve with crackers or crostini.

Nutrition Facts



Properties

Glycemic Index:24.44, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:14.582608627236%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg Naringenin: 4.04mg, Naringenin: 4.04mg, Naringenin: 4.04mg, Naringenin: 4.04mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 120.9kcal (6.05%), Fat: 3.78g (5.82%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.3g (3.02%), Sugar: 5.87g (6.52%), Cholesterol: 31.18mg (10.39%), Sodium: 230.09mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Vitamin C: 63.97mg (77.54%), Vitamin B6: 0.61mg (30.47%), Vitamin B12: 1.8µg (30.05%), Selenium: 20.99µg (29.98%), Vitamin B3: 4.89mg (24.46%), Vitamin A: 776.56IU (15.53%), Vitamin B2: 0.26mg (15.24%), Potassium: 492.67mg (14.08%), Vitamin B1: 0.21mg (13.89%), Phosphorus: 137.45mg (13.75%), Vitamin B5: 1.13mg (11.27%), Copper: 0.21mg (10.42%), Folate: 39.22µg (9.8%), Magnesium: 29.75mg (7.44%), Fiber: 1.75g (7%), Vitamin K: 6.1µg (5.81%), Manganese: 0.11mg (5.62%), Iron: 0.81mg (4.48%), Zinc: 0.5mg (3.36%), Calcium: 31.93mg (3.19%), Vitamin E: 0.3mg (2.02%)