



Salmon Tartar

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 baguette
- ☐ 1 tablespoon capers drained
- ☐ 1 teaspoon chipotle puree
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 2 servings ground cumin
- ☐ 2 servings kosher salt and cracked pepper fresh black
- ☐ 1 tablespoon olive oil

- ☐ 2 servings olive oil extra-virgin for drizzling
- ☐ 6 ounces salmon cut into 1/4-inch dice
- ☐ 1 tablespoon scallions chopped

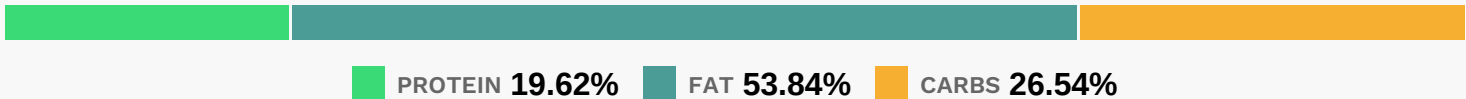
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Special equipment: 3-inch ring mold
- ☐ Combine the salmon, capers, cilantro, Dijon, olive oil, chipotle puree and scallions in a medium bowl, and season with salt and black pepper. Chill until ready to use.
- ☐ Preheat a grill pan to medium-high heat.
- ☐ Rub the baguette slices with cumin, drizzle with olive oil and season with salt and black pepper. Grill until toasted and slightly charred.
- ☐ Fill the ring mold with the tartar, and then remove the mold.
- ☐ Serve with the crostini.

Nutrition Facts



Properties

Glycemic Index:86.38, Glycemic Load:20.72, Inflammation Score:-5, Nutrition Score:21.177826337192%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 480.18kcal (24.01%), Fat: 28.62g (44.02%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 29.54g (10.74%), Sugar: 3.31g (3.68%), Cholesterol: 46.78mg (15.59%), Sodium: 813.42mg

(35.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.91%), Selenium: 44.46µg (63.52%), Vitamin B3: 9.65mg (48.27%), Vitamin B12: 2.7µg (45.08%), Vitamin B6: 0.77mg (38.66%), Vitamin B1: 0.58mg (38.59%), Vitamin B2: 0.54mg (31.78%), Phosphorus: 244.17mg (24.42%), Folate: 91.73µg (22.93%), Vitamin E: 3.32mg (22.14%), Iron: 3.91mg (21.74%), Vitamin K: 22.5µg (21.43%), Manganese: 0.38mg (18.87%), Vitamin B5: 1.68mg (16.78%), Copper: 0.32mg (16.03%), Potassium: 534.54mg (15.27%), Magnesium: 50.15mg (12.54%), Calcium: 94.09mg (9.41%), Fiber: 2.2g (8.79%), Zinc: 1.16mg (7.73%), Vitamin A: 101.09IU (2.02%), Vitamin C: 0.9mg (1.09%)