



Salmon Tartare



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cucumber diced seeded finely
- ☐ 1.5 teaspoons chives fresh minced
- ☐ 1.5 teaspoons cilantro leaves fresh minced
- ☐ 0.8 teaspoon ginger fresh minced peeled
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon lime zest (scant)
- ☐ 8 ounce salmon fillet boneless skinless

- ☐ 0.5 teaspoon sesame oil
- ☐ 1.5 teaspoons shallots minced
- ☐ 4 servings tortilla chips thick-cut
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1 frangelico minced seeded
- ☐ 1 frangelico minced seeded

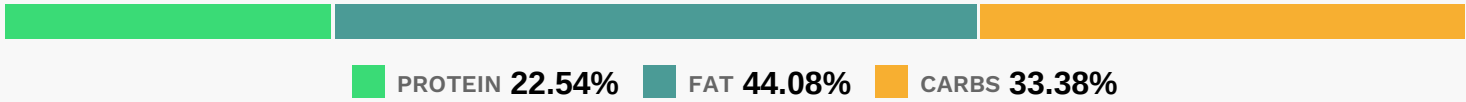
Equipment

- ☐ bowl

Directions

- ☐ Place salmon on a plate; freeze until well chilled, about 20 minutes.
- ☐ Thinly slice salmon lengthwise into 1/8"-wide sheets.
- ☐ Cut each sheet into 1/8"-long strips.
- ☐ Cut strips crosswise into 1/8" cubes.
- ☐ Place salmon in a medium bowl.
- ☐ Add cucumber and the next 9 ingredients and toss to combine. Season tartare to taste with salt and pepper.
- ☐ Transfer tartare to a bowl and serve with chips.
- ☐ Per serving: 181 calories, 9 g fat, 0.1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:10.680434791938%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 235.19kcal (11.76%), Fat: 11.6g (17.85%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 18.11g (6.59%), Sugar: 0.47g (0.52%), Cholesterol: 31.18mg (10.39%), Sodium: 117.22mg (5.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Selenium: 21.96µg (31.37%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.52mg (26.18%), Vitamin B3: 4.71mg (23.54%), Phosphorus: 179.66mg (17.97%), Vitamin B2: 0.24mg (14.04%), Vitamin B5: 1.31mg (13.06%), Vitamin B1: 0.17mg (11.46%), Magnesium: 41.92mg (10.48%), Vitamin K: 10.73µg (10.22%), Potassium: 351.3mg (10.04%), Copper: 0.18mg (8.97%), Vitamin E: 1.15mg (7.66%), Fiber: 1.66g (6.62%), Zinc: 0.77mg (5.16%), Iron: 0.93mg (5.16%), Folate: 19.81µg (4.95%), Calcium: 39.36mg (3.94%), Vitamin C: 1.73mg (2.1%), Manganese: 0.03mg (1.66%), Vitamin A: 50.87IU (1.02%)