



Salmon Tartare in a Martini Glass



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup capers drained
- ☐ 2 tablespoons chipotles pureed canned
- ☐ 3 tablespoons cilantro leaves finely chopped
- ☐ 8 servings cilantro leaves
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons olive oil
- ☐ 8 fried tarro chips store bought (in bag)
- ☐ 0.8 pound salmon cut into 1/4-inch dice

- ☐ 0.3 cup scallions
- ☐ 0.3 cup tequila

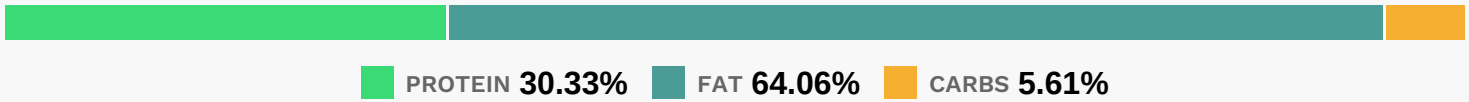
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients except tequila and chips in a medium bowl. Divide tartare among martini glasses, drizzle with tequila and garnish with chips and cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:7.3339130463807%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 133.82kcal (6.69%), Fat: 8.28g (12.73%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.4g (0.45%), Cholesterol: 23.39mg (7.8%), Sodium: 217.12mg (9.44%), Alcohol: 2.51g (100%), Alcohol %: 4.37% (100%), Protein: 8.82g (17.63%), Selenium: 16.89µg (24.13%), Vitamin B12: 1.35µg (22.54%), Vitamin B6: 0.36mg (17.79%), Vitamin B3: 3.44mg (17.21%), Vitamin K: 11.81µg (11.24%), Vitamin B2: 0.18mg (10.3%), Phosphorus: 91.99mg (9.2%), Vitamin B5: 0.73mg (7.29%), Vitamin B1: 0.11mg (7.15%), Copper: 0.13mg (6.73%), Potassium: 230.61mg (6.59%), Vitamin E: 0.84mg (5.6%), Magnesium: 16.81mg (4.2%), Iron: 0.68mg (3.76%), Folate: 14.53µg (3.63%), Fiber: 0.84g (3.38%), Zinc: 0.33mg (2.22%), Manganese: 0.04mg (1.82%), Vitamin A: 75.43IU (1.51%), Calcium: 12.21mg (1.22%), Vitamin C: 0.97mg (1.17%)