



WHATSheATE



Salmon Tartare with Capers, Scallions and Horseradish



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoon capers rinsed drained
- ☐ 1 tablespoon horseradish prepared plus more for serving
- ☐ 0.5 juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 pound salmon raw thinly sliced
- ☐ 3 tablespoon scallions light white green thinly sliced

- ☐ 1 pinch sea salt
- ☐ 2 tablespoon shallots finely minced

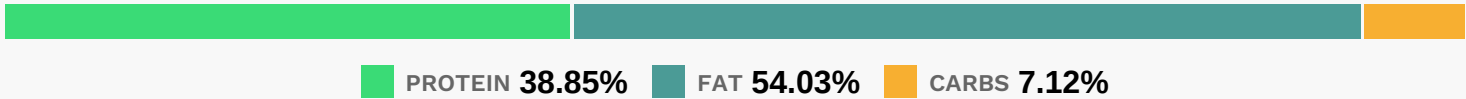
Equipment

- ☐ mixing bowl
- ☐ cutting board

Directions

- ☐ On a cutting board, stack the salmon several slices high and cut into ¼-inch cubes. The roughly chop the cubes until they are about 1/8-inch pieces, but not purÃ©ed. Some variable texture is good. In a medium nonreactive mixing bowl, gently stir together the salmon, with all the remaining ingredients, except the cucumber and baguette slices.Line the bottom of a serving tray with the cucumber slices laid out in concentric circles. Mound the tartare over the slices, cover, and refrigerate for at least 1 hour to allow the flavors to meld and the tartare to chill.
- ☐ Serve them on top of the baguette slices, with a bit of cucumber and additional horseradish on the side as optional add-ons.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:6.2373913371045%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 80.18kcal (4.01%), Fat: 4.79g (7.36%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.62g (0.69%), Cholesterol: 20.79mg (6.93%), Sodium: 108.4mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.49%), Vitamin B12: 1.2µg (20.03%), Selenium: 13.96µg (19.95%), Vitamin B6: 0.33mg (16.33%), Vitamin B3: 3.02mg (15.12%), Vitamin B2: 0.15mg (8.92%), Phosphorus:

79.99mg (8%), Vitamin K: 8.33µg (7.93%), Vitamin B5: 0.65mg (6.48%), Potassium: 214.98mg (6.14%), Vitamin B1: 0.09mg (6.04%), Copper: 0.11mg (5.6%), Folate: 15.08µg (3.77%), Vitamin C: 2.97mg (3.59%), Magnesium: 14.02mg (3.5%), Iron: 0.46mg (2.55%), Vitamin E: 0.38mg (2.55%), Zinc: 0.3mg (1.99%), Fiber: 0.4g (1.58%), Manganese: 0.03mg (1.31%), Calcium: 11.02mg (1.1%)