



## Salmon, Watercress, Fennel and Baby Beetroot Salad With Lemony "Caviar" Dressing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 teaspoons arënkha msc caviar substitute
- 12 baby beets cooked
- 1 bay leaves
- 4 servings pepper black freshly ground
- 6 tbsp olive oil extra virgin
- 1 head fennel bulb finely sliced

- 2 tbsp juice of lemon
- 16 oz salmon fillet skinless
- 4 servings tarragon
- 9 servings tarragon
- 1 bunch watercress dried washed picked over
- 1 tablespoon wine

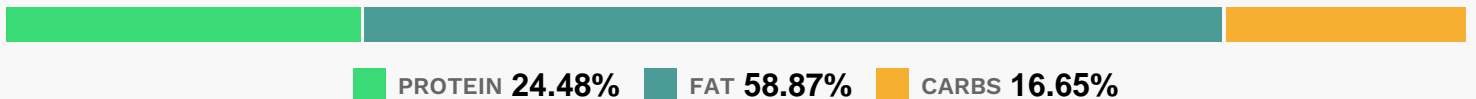
## Equipment

- bowl
- frying pan
- whisk
- slotted spoon

## Directions

- Place the salmon in a pan, cover with water, and add the wine, bay and tarragon stalks. Bring to the boil and then immediately turn off and leave for a couple of minutes to cook in the residual heat.
- Remove to a plate with a slotted spoon and leave to cool before flaking into large pieces. Make the dressing by lightly whisking the olive oil and lemon juice together. Stir in the Arnkha MSC and season with some black pepper. Next, arrange the watercress, beets and fennel in 4 shallow salad bowls, then add the salmon and tarragon.
- Drizzle over the Arnkha MSC dressing and serve.

## Nutrition Facts



## Properties

Glycemic Index:82, Glycemic Load:7.44, Inflammation Score:-8, Nutrition Score:31.038695652174%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 440.07kcal (22%), Fat: 29.1g (44.76%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 12.93g (4.7%), Sugar: 10.85g (12.06%), Cholesterol: 80.8mg (26.93%), Sodium: 186.03mg (8.09%), Alcohol: 0.39g (2.15%), Protein: 27.23g (54.46%), Vitamin B12: 4µg (66.67%), Selenium: 44.86µg (64.09%), Vitamin K: 65.44µg (62.32%), Vitamin B6: 1.14mg (56.87%), Vitamin B3: 10.1mg (50.51%), Folate: 193.03µg (48.26%), Manganese: 0.83mg (41.47%), Potassium: 1339.32mg (38.27%), Vitamin B2: 0.59mg (34.61%), Phosphorus: 340.44mg (34.04%), Vitamin E: 3.83mg (25.55%), Vitamin C: 20.94mg (25.39%), Vitamin B5: 2.29mg (22.95%), Copper: 0.45mg (22.44%), Fiber: 5.58g (22.33%), Vitamin B1: 0.33mg (21.86%), Magnesium: 85.72mg (21.43%), Iron: 3.56mg (19.8%), Calcium: 109.2mg (10.92%), Vitamin A: 517.56IU (10.35%), Zinc: 1.47mg (9.78%), Vitamin D: 0.6µg (3.98%)