



Sashimi Salad with Soy and Orange



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cucumber peeled seeded thinly sliced
- ☐ 2 cups frisée lettuce
- ☐ 3 tablespoons grapeseed oil
- ☐ 6 cups mâche leaves (lamb's lettuce)
- ☐ 4 oranges
- ☐ 7 ounces sushi-grade salmon skinless
- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 tablespoon soya sauce

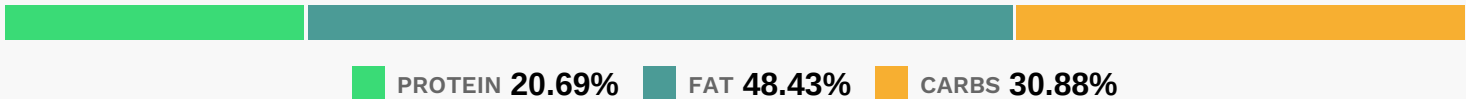
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Grate the zest of 1 orange and the lime into a large bowl. Squeeze 1 tablespoon of juice from the grated orange and 2 tablespoons of juice from the grated lime into the bowl (you may need a second lime to get the 2 tablespoons of juice).
- ☐ Whisk in the soy sauce and the oil. Set the dressing aside.
- ☐ Use a sharp knife to slice the rind and pith from the remaining oranges. Working over a mixing bowl, cut between the membranes to free the orange segments, letting them drop into the bowl.
- ☐ Pour any juice into a cup and reserve it for another use.
- ☐ Add the mâche, frisée, and cucumbers, if using, to the orange segments. Using a large sharp knife, cut the salmon into 1/3-inch-thick slices.
- ☐ Add the salmon to the bowl.
- ☐ Drizzle with the dressing, and toss gently to coat. Allow the flavors to meld for at least 2 minutes.
- ☐ Divide the salad among 4 serving plates.
- ☐ Sprinkle with the toasted sesame seeds, and serve.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:28.793913094894%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 258.29kcal (12.91%), Fat: 14.53g (22.35%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 16.33g (5.94%), Sugar: 13.02g (14.47%), Cholesterol: 27.29mg (9.1%), Sodium: 288.61mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Vitamin A: 7728.17IU (154.56%), Vitamin C: 108.98mg (132.1%), Vitamin K: 77.1µg (73.43%), Vitamin B6: 0.77mg (38.6%), Potassium: 1033.65mg (29.53%), Selenium: 19.84µg (28.34%), Vitamin B12: 1.58µg (26.29%), Vitamin E: 3.84mg (25.58%), Manganese: 0.51mg (25.58%), Vitamin B3: 4.96mg (24.78%), Folate: 97.51µg (24.38%), Vitamin B1: 0.32mg (21.26%), Copper: 0.42mg (21.12%), Vitamin B2: 0.36mg (20.97%), Phosphorus: 190.7mg (19.07%), Fiber: 4.5g (18.01%), Vitamin B5: 1.59mg (15.85%), Iron: 2.85mg (15.81%), Magnesium: 53.96mg (13.49%), Calcium: 126.3mg (12.63%), Zinc: 1.13mg (7.54%)