



Seattle Pickled Salmon Salad

 Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz lightly baby arugula packed
- ☐ 2 cups champagne vinegar
- ☐ 8 bay leaves dried
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 1 tablespoon peppercorns
- ☐ 4 servings baby radishes

- ☐ 4 fillet coho salmon with skin thick (each 5 to 6 oz.,)
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons allspice whole
- ☐ 1 tablespoon mustard seeds yellow

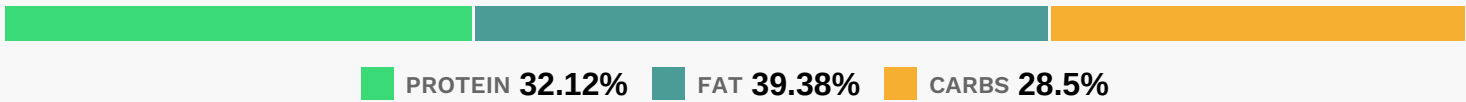
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Heat vinegar, sugar, salt, and seasonings in a saucepan to boiling, stirring occasionally.
- ☐ Remove from heat; pour into an 8-in. square glass or ceramic baking dish.
- ☐ Let cool.
- ☐ Sprinkle fish with pepper.
- ☐ Heat a large nonstick frying pan over medium heat.
- ☐ Add 1 tbsp. oil, then add fish and cook, turning once, until barely cooked through, 3 to 6 minutes. Pull off skin and discard.
- ☐ Transfer fish to pickling mixture, cover, and chill 2 hours; turn fish after 1 hour.
- ☐ Toss arugula with remaining 1 tbsp. oil and 2 tsp. pickling mixture in a large bowl. Arrange on plates. Using a slotted spoon, arrange fish next to salad.
- ☐ Serve with radishes, butter, and bread.

Nutrition Facts



Properties

Glycemic Index:65.4, Glycemic Load:18.58, Inflammation Score:-7, Nutrition Score:30.540869484777%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 460.66kcal (23.03%), Fat: 19.43g (29.89%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 29.47g (10.72%), Sugar: 25.64g (28.48%), Cholesterol: 93.5mg (31.17%), Sodium: 7173.47mg (311.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.3%), Selenium: 68.52µg (97.89%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.44mg (71.83%), Vitamin B3: 13.74mg (68.7%), Vitamin B2: 0.69mg (40.49%), Phosphorus: 392.76mg (39.28%), Manganese: 0.7mg (34.82%), Vitamin K: 31.84µg (30.33%), Potassium: 1054.04mg (30.12%), Vitamin B5: 2.98mg (29.84%), Vitamin B1: 0.43mg (28.61%), Copper: 0.53mg (26.73%), Magnesium: 84.2mg (21.05%), Iron: 3.2mg (17.78%), Folate: 70.88µg (17.72%), Vitamin A: 619.03IU (12.38%), Calcium: 110.56mg (11.06%), Zinc: 1.5mg (9.97%), Fiber: 2.17g (8.68%), Vitamin E: 1.27mg (8.46%), Vitamin C: 5.45mg (6.6%)