



Smoked Fish with Fennel and Arugula Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula packed ()
- ☐ 1 fennel bulb fresh paper-thin cored trimmed halved sliced
- ☐ 1.3 pounds fish fillet smoked thinly sliced (such as sable, trout, or whitefish)
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

Equipment

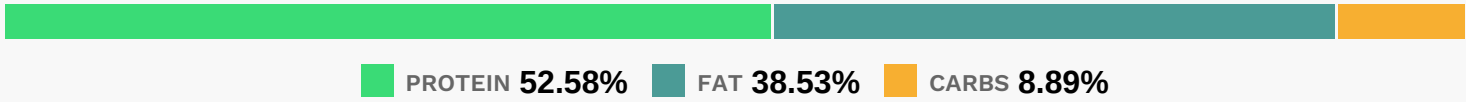
- ☐ bowl

☐ whisk

Directions

- ☐ Overlap fish on one side of platter.
- ☐ Whisk oil and lemon juice in bowl. Season dressing with salt and pepper. Toss half with fennel and half with arugula. Mound both alongside fish.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:9.3208696531213%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 110.05kcal (5.5%), Fat: 4.81g (7.4%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.48g (0.54%), Sugar: 1.32g (1.47%), Cholesterol: 35.44mg (11.81%), Sodium: 53.54mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.53%), Selenium: 29.86µg (42.65%), Vitamin K: 29.31µg (27.92%), Vitamin B12: 1.12µg (18.66%), Vitamin B3: 2.98mg (14.89%), Vitamin D: 2.2µg (14.65%), Phosphorus: 138.51mg (13.85%), Potassium: 358.88mg (10.25%), Folate: 31.31µg (7.83%), Vitamin C: 5.64mg (6.84%), Magnesium: 27.04mg (6.76%), Vitamin B6: 0.13mg (6.73%), Vitamin E: 0.98mg (6.56%), Manganese: 0.1mg (5.13%), Vitamin B5: 0.44mg (4.41%), Vitamin A: 206.93IU (4.14%), Fiber: 1.02g (4.08%), Iron: 0.72mg (4.01%), Copper: 0.08mg (3.92%), Vitamin B2: 0.06mg (3.52%), Calcium: 30.6mg (3.06%), Vitamin B1: 0.04mg (2.37%), Zinc: 0.32mg (2.15%)