



Smoked Fish with Mustard, Dill and Caper Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 servings boston lettuce leaves
- ☐ 0.8 cup capers drained
- ☐ 30 servings optional: dill
- ☐ 1 tablespoon ground mustard dry
- ☐ 4 pounds fish fillet smoked assorted (such as trout, whitefish and salmon)
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 30 servings pepper black

- ☐ 0.3 cup juice of lemon fresh
- ☐ 30 servings lemon wedges
- ☐ 4 pound cocktail rye bread westphalian-style halved sliced
- ☐ 0.8 cup spicy brown mustard (such as Gulden's)
- ☐ 0.5 cup sugar
- ☐ 0.8 cup vegetable oil

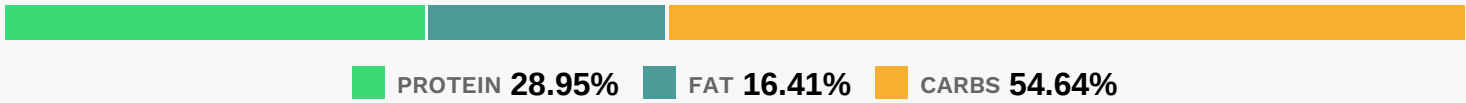
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix first 4 ingredients in bowl. Gradually whisk in oil.
- ☐ Mix in capers, chopped dill and generous amount of pepper. (Can be made 3 days ahead. Cover; chill.)
- ☐ Line large platter with lettuce. Arrange smoked fish atop lettuce.
- ☐ Garnish with lemon and dill sprigs.
- ☐ Serve fish with bread and sauce.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:15.83, Inflammation Score:-5, Nutrition Score:14.09173929173%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 244.81kcal (12.24%), Fat: 4.48g (6.9%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 29.53g (10.74%), Sugar: 5.88g (6.53%), Cholesterol: 30.24mg (10.08%), Sodium: 586.48mg (25.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.58%), Selenium: 46.66µg (66.66%), Manganese: 0.58mg (29.11%), Vitamin B3: 4.76mg (23.78%), Folate: 85.59µg (21.4%), Vitamin B1: 0.3mg (20.26%), Phosphorus: 188.95mg (18.9%), Fiber: 4.03g (16.14%), Vitamin B12: 0.96µg (15.93%), Vitamin B2: 0.26mg (15.07%), Iron: 2.33mg (12.97%), Vitamin D: 1.87µg (12.5%), Magnesium: 46.85mg (11.71%), Copper: 0.18mg (9.21%), Potassium: 310.32mg (8.87%), Vitamin B6: 0.15mg (7.72%), Zinc: 0.97mg (6.47%), Calcium: 59.58mg (5.96%), Vitamin B5: 0.59mg (5.94%), Vitamin K: 5.95µg (5.66%), Vitamin E: 0.61mg (4.07%), Vitamin C: 2.84mg (3.44%), Vitamin A: 116.99IU (2.34%)