



Smoked Salmon and Avocado Tier



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

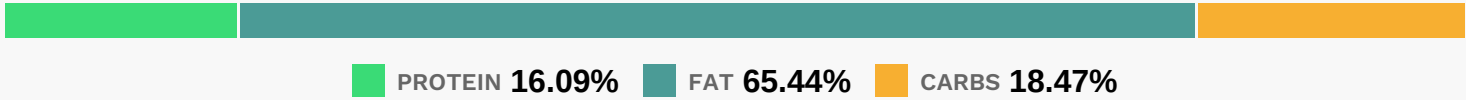
- ☐ 3 avocados ripe thinly sliced
- ☐ 4 servings champagne vinaigrette prepared
- ☐ 4 servings croutons
- ☐ 4 servings chives fresh for garnish cut into small pieces,
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 8 ounce pre-chopped salmon smoked
- ☐ 1 pinch wasabi prepared

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a 3-inch ring mold on a plate.
- ☐ Layer 2 to 3 pieces of salmon in the mold.
- ☐ Sprinkle salt and pepper over salmon.
- ☐ Sprinkle a little Champagne vinaigrette over the salmon and top with croutons. Peel and slice the avocados into 1/4-inch cubes. Squeeze lemon juice over avocado to avoid discoloration; this will also compliment the flavors of the dish.
- ☐ Add a little wasabi to the avocados and gently toss.
- ☐ Place 3 to 4 slices of the avocado on top of the salmon. Repeat the layers 1 more time.
- ☐ Remove the ring mold and garnish the top with a small piece of chive. Repeat to make a total of 4 tiers.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:22.180869537851%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 385.53kcal (19.28%), Fat: 24.69g (37.99%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 5.48g (1.99%), Sugar: 2.81g (3.12%), Cholesterol: 13.04mg (4.35%), Sodium: 666.31mg (28.97%), Alcohol: 9.47g (100%), Alcohol %: 3.32% (100%), Protein: 13.66g (27.32%), Vitamin D: 9.7µg (64.64%), Fiber: 10.21g (40.83%), Vitamin K: 33.84µg (32.23%), Folate: 127.89µg (31.97%), Vitamin B12: 1.85µg (30.81%), Vitamin B6: 0.58mg (28.94%), Selenium: 19.66µg (28.08%), Potassium: 970.12mg (27.72%), Vitamin B3: 5.51mg (27.57%), Vitamin B5: 2.6mg (26%), Vitamin E: 3.89mg (25.96%), Copper: 0.44mg (21.87%), Vitamin C: 17.21mg (20.86%), Phosphorus: 195.81mg (19.58%), Magnesium: 69.86mg (17.46%), Vitamin B2: 0.27mg (16.04%), Manganese: 0.23mg (11.72%), Iron: 1.97mg (10.93%), Zinc: 1.28mg (8.53%), Vitamin B1: 0.12mg (8.15%), Vitamin A: 313.27IU (6.27%), Calcium: 39.99mg (4%)