



Smoked Salmon and Cucumber Ribbon Salad with Caraway



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 1 cucumber english
- ☐ 1 small apples i use 2 granny smith apples cored thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons shallots minced
- ☐ 8 ounces salmon smoked sliced

☐ 2 bunches watercress trimmed

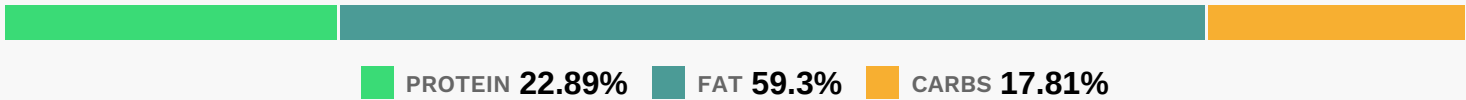
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Whisk first 4 ingredients in small bowl; season dressing with salt and pepper.
- ☐ Cut cucumber crosswise in half. Using vegetable peeler, cut into long strips to form ribbons. Scatter cucumber, watercress, and apple on 4 plates. Tuck in slices of salmon.
- ☐ Drizzle dressing over.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:14.031304276508%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 197.62kcal (9.88%), Fat: 13.24g (20.37%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 7.01g (2.55%), Sugar: 5.72g (6.35%), Cholesterol: 13.04mg (4.35%), Sodium: 452.79mg

(19.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Vitamin D: 9.7µg (64.64%), Vitamin K: 43.91µg (41.82%), Vitamin B12: 1.85µg (30.81%), Selenium: 18.72µg (26.74%), Vitamin E: 2.52mg (16.79%), Vitamin C: 13.1mg (15.87%), Vitamin B3: 2.8mg (14.01%), Vitamin B6: 0.26mg (12.92%), Phosphorus: 128.27mg (12.83%), Copper: 0.22mg (10.78%), Vitamin A: 524.88IU (10.5%), Potassium: 321.97mg (9.2%), Fiber: 1.93g (7.74%), Vitamin B5: 0.77mg (7.66%), Manganese: 0.14mg (6.86%), Magnesium: 27.01mg (6.75%), Vitamin B2: 0.11mg (6.19%), Iron: 0.95mg (5.29%), Folate: 17.98µg (4.49%), Vitamin B1: 0.06mg (4.14%), Calcium: 40.75mg (4.07%), Zinc: 0.39mg (2.62%)