



Smoked Salmon and Goat Cheese Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon optional: dill fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 3.5 ounce goat cheese cut into 4 equal slices
- 1 tablespoon honey
- 0.3 cup juice of lemon fresh
- 2 tablespoons olive oil extra-virgin
- 0.3 teaspoon pepper
- 0.3 cup onion red very thinly sliced

- 8 cups gourmet salad greens
- 0.3 teaspoon salt
- 8 ounces salmon smoked sliced cut into thin strips
- 1 tablespoon water

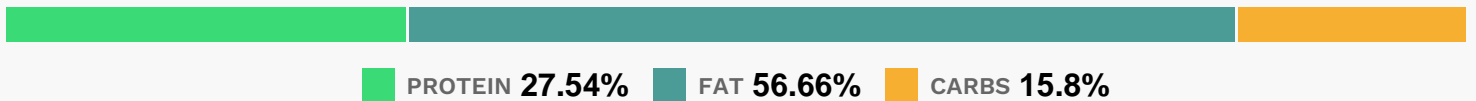
Equipment

- blender

Directions

- Combine first 7 ingredients in a blender; process 30 seconds or until smooth, scraping sides. With blender on, slowly pour oil through food chute; process until thickened.
- Place salad greens on individual plates; top each evenly with salmon, cheese, and onion; drizzle with dressing.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.32, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:14.947391463363%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 231.54kcal (11.58%), Fat: 14.8g (22.77%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.99g (3.27%), Sugar: 5.37g (5.97%), Cholesterol: 24.45mg (8.15%), Sodium: 703.31mg (30.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.37%), Vitamin D: 9.79µg (65.3%), Vitamin B12: 1.9µg (31.59%), Vitamin C: 25.34mg (30.71%), Selenium: 19.51µg (27.87%), Vitamin A: 1218.1IU (24.36%), Phosphorus:

192.83mg (19.28%), Copper: 0.37mg (18.33%), Vitamin B3: 3.27mg (16.35%), Vitamin B6: 0.31mg (15.36%), Vitamin E: 1.85mg (12.33%), Vitamin B2: 0.2mg (11.73%), Folate: 39.02µg (9.75%), Manganese: 0.19mg (9.58%), Iron: 1.58mg (8.76%), Potassium: 285.52mg (8.16%), Vitamin B5: 0.8mg (7.99%), Magnesium: 26.02mg (6.5%), Calcium: 56.05mg (5.61%), Vitamin K: 4.96µg (4.73%), Vitamin B1: 0.06mg (4.22%), Zinc: 0.62mg (4.11%), Fiber: 0.29g (1.17%)