



Smoked salmon & avocado

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

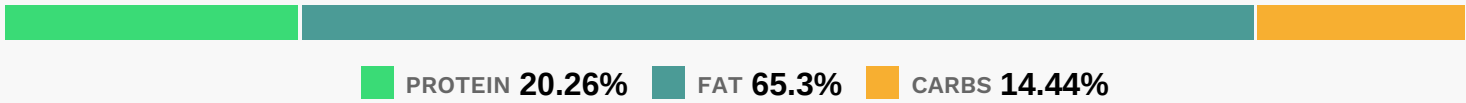
- ☐ 2 avocado ripe
- ☐ 1 juice of lemon
- ☐ 250 g salmon smoked
- ☐ 1 small handful tarragon chopped
- ☐ 4 tbsp crème fraîche
- ☐ 1 tbsp caper drained
- ☐ 6 servings baking soda

Equipment

Directions

- ☐ Stone and peel the avocados, cut into chunks and toss in half the lemon juice. Twist and fold the smoked salmon pieces onto serving plates, then scatter with the avocado. Cover and chill for up to 1 hr until ready to serve.
- ☐ Mix together the tarragon, crme frache and remaining lemon juice.
- ☐ Drizzle over the salmon, scatter with the capers and serve straight away with wholemeal or soda bread.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:12.178260855053%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 173.71kcal (8.69%), Fat: 13.24g (20.37%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.85g (0.94%), Cholesterol: 14.3mg (4.77%), Sodium: 647.28mg (28.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Vitamin D: 7.13µg (47.5%), Vitamin B12: 1.38µg (22.92%), Selenium: 14.1µg (20.14%), Fiber: 4.56g (18.25%), Vitamin B3: 3.17mg (15.84%), Vitamin B6: 0.3mg (14.9%), Folate: 57.37µg (14.34%), Vitamin K: 14.58µg (13.89%), Vitamin E: 2mg (13.33%), Vitamin B5: 1.33mg (13.27%), Potassium: 418.62mg (11.96%), Copper: 0.23mg (11.59%), Phosphorus: 110.32mg (11.03%), Vitamin C: 8.85mg (10.73%), Vitamin B2: 0.15mg (8.68%), Magnesium: 29.08mg (7.27%), Manganese: 0.12mg (5.9%), Iron: 0.81mg (4.5%), Zinc: 0.6mg (3.99%), Vitamin A: 193.19IU (3.86%), Vitamin B1: 0.06mg (3.86%), Calcium: 23.48mg (2.35%)