



Smoked salmon rice salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 500 g rice cooled cooked uncooked (300g rice)
- ☐ 1 bunch spring onion sliced
- ☐ 0.5 cucumber deseeded sliced
- ☐ 1 small bag arugula
- ☐ 75 g salmon smoked leftover
- ☐ 2 tbsp rice vinegar
- ☐ 2 tbsp sesame oil
- ☐ 1 lemon zest

- ☐ 1 tsp chilli sauce
- ☐ 0.5 tsp sugar

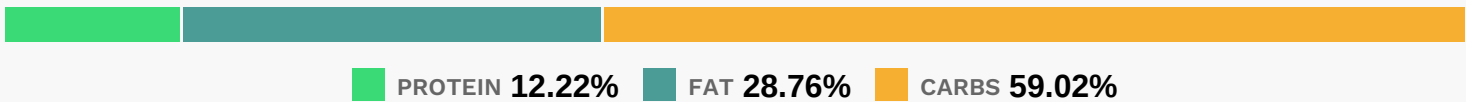
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the dressing ingredients and set aside. Toss together the salad ingredients in a large bowl with the dressing.
- ☐ Serve from the bowl or pile onto a serving platter.

Nutrition Facts



Properties

Glycemic Index:77.02, Glycemic Load:38.62, Inflammation Score:-7, Nutrition Score:12.998695560124%

Flavonoids

Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 13.17mg, Kaempferol: 13.17mg, Kaempferol: 13.17mg, Kaempferol: 13.17mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 268.72kcal (13.44%), Fat: 8.49g (13.07%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 37.52g (13.64%), Sugar: 2.67g (2.96%), Cholesterol: 4.31mg (1.44%), Sodium: 172.65mg (7.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Vitamin K: 56.97µg (54.25%), Manganese: 0.75mg (37.73%), Selenium: 15.69µg (22.41%), Vitamin D: 3.21µg (21.38%), Vitamin A: 993.76IU (19.88%), Folate: 49.78µg (12.45%), Vitamin C: 9.89mg (11.99%), Phosphorus: 114.57mg (11.46%), Vitamin B6: 0.22mg (11.06%), Magnesium: 42mg (10.5%), Vitamin B12: 0.61µg (10.19%), Copper: 0.19mg (9.57%), Vitamin B5: 0.91mg (9.14%), Calcium: 86.59mg (8.66%), Potassium: 285.06mg (8.14%), Vitamin B3: 1.55mg (7.75%), Fiber: 1.68g (6.74%), Iron: 1.14mg (6.35%), Zinc: 0.94mg (6.26%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.06mg (4.11%), Vitamin E: 0.61mg (4.07%)