



Smoked Salmon Salad with Orange Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 3 tablespoons orange juice fresh
- 0.5 teaspoon orange zest finely chopped
- 1 small onion red thinly sliced
- 4 servings salt and pepper freshly ground
- 0.5 pound salmon smoked thick drained sliced cut into strips, 5 1/2 - to 6-ounce cans of fish, and broken up (see note)

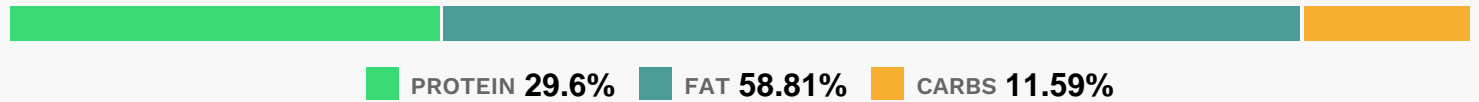
Equipment

bowl

Directions

- In a medium bowl, combine the orange juice, olive oil, lemon juice and orange zest and season with salt and pepper.
- Add the salmon and red onion and toss to coat with the dressing. Arrange the salad on a plate and serve.
- Wine Recommendation: The oily richness of smoked salmon is a classic match with the lemony-dry tartness of Champagne. Look for nonvintage bruts from Taittinger or Perrier-Jout.
- Notes: Use water-packed salmon or tuna, or try the delicious and delicate smoked whitefish that's available by mail from Minnesota's Ojibwe Foods, 218-335-

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:9.9034781766974%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 146.02kcal (7.3%), Fat: 9.51g (14.63%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.33g (2.59%), Cholesterol: 13.04mg (4.35%), Sodium: 639.72mg (27.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.55%), Vitamin D: 9.7µg (64.64%), Vitamin B12: 1.85µg (30.81%), Selenium: 18.53µg (26.47%), Vitamin B3: 2.76mg (13.82%), Vitamin C: 10.2mg (12.37%), Vitamin E: 1.79mg (11.94%), Phosphorus: 103.48mg (10.35%), Vitamin B6: 0.2mg (9.89%), Copper: 0.15mg (7.39%), Vitamin B5: 0.56mg (5.57%), Potassium: 169.38mg (4.84%), Vitamin K: 4.39µg (4.18%), Vitamin B2: 0.07mg (4.08%), Magnesium:

14.64mg (3.66%), Iron: 0.61mg (3.39%), Folate: 11.01µg (2.75%), Vitamin B1: 0.04mg (2.56%), Manganese: 0.05mg (2.39%), Fiber: 0.53g (2.12%), Zinc: 0.23mg (1.55%), Vitamin A: 76.65IU (1.53%), Calcium: 14.78mg (1.48%)