



Smoked salmon with Asian dressing



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g salmon smoked
- ☐ 2 large avocado diced peeled
- ☐ 0.5 cucumber diced deseeded
- ☐ 1 handful cilantro leaves
- ☐ 2 tbsp sugar
- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 2 lime zest
- ☐ 4 tbsp juice of lime

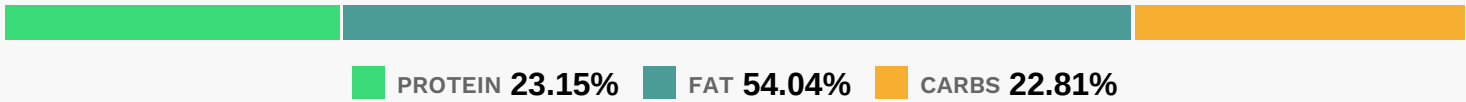
- ☐ 1 tbsp sesame oil
- ☐ 2 tbsp soy sauce light

Equipment

Directions

- ☐ Mix the ingredients for the dressing. It will keep in the fridge overnight, although the flavours will get hotter as the chilli sits in the liquid.
- ☐ To serve, arrange the salmon on plates it works out at about 3 slices per person.
- ☐ Mix the avocado, cucumber and coriander, then pile or scatter on top. Spoon over a little of the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:3.13, Inflammation Score:-5, Nutrition Score:13.68478265016%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 180.13kcal (9.01%), Fat: 11.41g (17.55%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.37g (4.86%), Cholesterol: 11.5mg (3.83%), Sodium: 648.51mg (28.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Vitamin D: 8.55µg (57%), Vitamin B12: 1.63µg (27.17%), Vitamin C: 20.97mg (25.42%), Selenium: 16.58µg (23.69%), Vitamin B3: 3.54mg (17.69%), Fiber: 4.13g (16.53%), Vitamin B6: 0.33mg (16.3%), Vitamin K: 14.67µg (13.97%), Copper: 0.25mg (12.57%), Vitamin B5: 1.25mg (12.55%), Phosphorus: 124.64mg (12.46%), Vitamin E: 1.85mg (12.33%), Folate: 48.83µg (12.21%), Potassium: 412.89mg (11.8%), Vitamin B2: 0.14mg (8.12%), Magnesium: 30.65mg (7.66%), Manganese: 0.13mg (6.57%), Iron: 1.03mg (5.7%), Vitamin A: 229.78IU (4.6%), Vitamin B1: 0.06mg (4.33%), Zinc: 0.57mg (3.8%), Calcium: 22.78mg (2.28%)