



Smoked salmon with capers & pickled shallots



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 ml rice vinegar
- ☐ 1 tbsp brown sugar
- ☐ 2 banana shallots peeled thinly sliced into rings
- ☐ 600 g salmon smoked (12 slices)
- ☐ 50 g salad leaves curly endive washed
- ☐ 1 tbsp chives snipped
- ☐ 25 g caper dry in brine drained
- ☐ 6 servings canola oil

☐ 6 servings lemon wedges

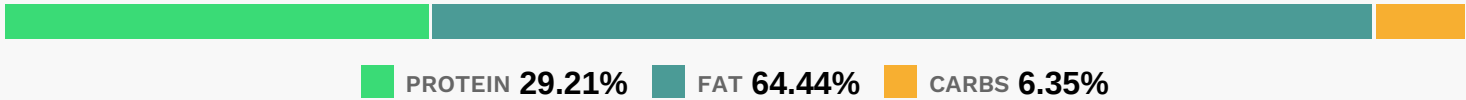
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Put the vinegar and sugar into a heavy-based saucepan and bring to the boil, allowing the sugar to dissolve.
- ☐ Add the sliced shallots to the warm liquid, stir through, then tip into a dish and cover with cling film. Set aside.
- ☐ Arrange the smoked salmon in the centre of each plate, making sure that the slices slightly overlap, and set aside.
- ☐ Put the frise salad, the chives, capers, a little of the shallot vinegar and some of the shallots into a mixing bowl and toss together. Spoon the mixture over the salmon and serve with a few twists of black pepper, a drizzle of oil and lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:17.676956518837%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 5.73mg, Kaempferol: 5.73mg, Kaempferol: 5.73mg, Kaempferol: 5.73mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

Nutrients (% of daily need)

Calories: 260.91kcal (13.05%), Fat: 18.4g (28.3%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.31g (1.2%), Sugar: 2.71g (3.01%), Cholesterol: 23mg (7.67%), Sodium: 905.08mg (39.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.52%), Vitamin D: 17.1µg (114%), Vitamin B12: 3.26µg (54.33%),

Selenium: 32.7µg (46.71%), Vitamin K: 37.04µg (35.27%), Vitamin E: 4.03mg (26.87%), Vitamin B3: 4.81mg (24.06%), Phosphorus: 174.58mg (17.46%), Vitamin B6: 0.32mg (15.94%), Copper: 0.28mg (14.03%), Vitamin A: 591.48IU (11.83%), Vitamin B5: 1mg (9.98%), Potassium: 245.38mg (7.01%), Vitamin B2: 0.12mg (6.92%), Iron: 1.13mg (6.27%), Magnesium: 24.27mg (6.07%), Manganese: 0.09mg (4.68%), Vitamin C: 3.67mg (4.44%), Folate: 15.61µg (3.9%), Fiber: 0.77g (3.1%), Calcium: 27.54mg (2.75%), Zinc: 0.4mg (2.65%), Vitamin B1: 0.03mg (2.3%)