



Smoked Salmon with Carpaccio of Raw Beetroot, Horseradish and Watercress



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baby beetroots scrubbed
- ☐ 0.5 teaspoon balsamic vinegar good
- ☐ 1 by 2.5cm piece horseradish fresh
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings salt and pepper freshly ground
- ☐ 400 g salmon wild smoked

☐ 1 bunch watercress

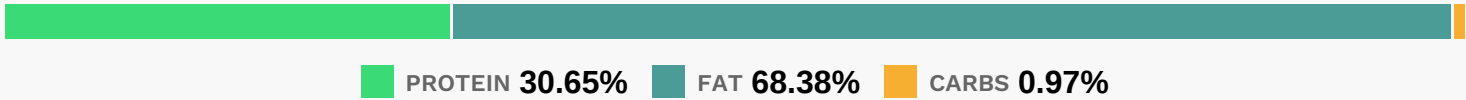
Equipment

- ☐ bowl
- ☐ peeler
- ☐ grater
- ☐ microplane

Directions

- ☐ Using a metal speed peeler, shave the beetroot into a bowl.
- ☐ Add the lemon juice, a little salt and pepper, a good lug of olive oil and the balsamic vinegar, and mix.
- ☐ On a large plate, wave the salmon around freestyle. Throw on some sprigs of watercress, then the beetroot. Using a sharp grater, such as a microplane, finely grate the horseradish over.
- ☐ Add a little of the beetroot juice and a bit of pepper, then finish with a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:15.933913180362%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 243.63kcal (12.18%), Fat: 18.34g (28.21%), Saturated Fat: 2.86g (17.91%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.26g (0.29%), Cholesterol: 23mg (7.67%), Sodium: 980.86mg (42.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.99%), Vitamin D: 17.1µg (114%), Vitamin B12: 3.26µg

(54.33%), Selenium: 32.48µg (46.4%), Vitamin B3: 4.76mg (23.78%), Vitamin K: 24.4µg (23.24%), Vitamin E: 3.44mg (22.9%), Phosphorus: 169.25mg (16.92%), Vitamin B6: 0.29mg (14.47%), Copper: 0.24mg (11.87%), Vitamin B5: 0.9mg (8.95%), Vitamin B2: 0.11mg (6.49%), Vitamin A: 294.31IU (5.89%), Potassium: 202.81mg (5.79%), Vitamin C: 4.54mg (5.5%), Iron: 0.96mg (5.36%), Magnesium: 19.95mg (4.99%), Zinc: 0.33mg (2.21%), Vitamin B1: 0.03mg (2.15%), Calcium: 19.4mg (1.94%), Manganese: 0.04mg (1.91%)