



Smoked Salmon with Egg Salad and Green Beans

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby arugula coarsely chopped
- ☐ 4 servings roasted-garlic bagel chips
- ☐ 1 cup celery stalks finely chopped
- ☐ 2 tablespoons chives chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 8 large hardboiled eggs chopped
- ☐ 0.5 pound haricots verts cut into 3/4-inch lengths

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons red-wine vinegar
- ☐ 1 teaspoon shallots finely chopped
- ☐ 0.5 pound salmon smoked sliced coarsely chopped

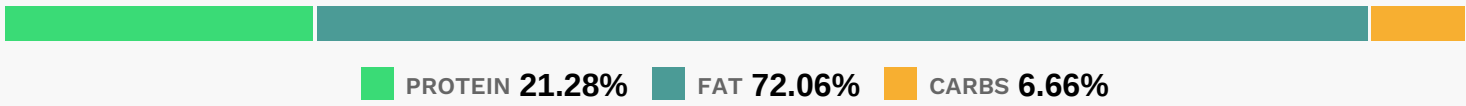
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook beans in a medium saucepan of boiling salted water (2 teaspoon salt for 2 quarts water), uncovered, until crisp-tender.
- ☐ Drain and transfer to an ice bath to cool. Pat dry.
- ☐ Whisk together mustard, shallot, vinegar, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper and toss with beans.
- ☐ Stir together eggs, mayonnaise, celery, chives, lemon zest and juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Divide arugula among jars and layer beans, salmon, and egg salad on top.
- ☐ Assembled jars can be chilled up to 6 hours.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:27.856956606326%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 478.46kcal (23.92%), Fat: 38.11g (58.63%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.12g (4.58%), Cholesterol: 397.8mg (132.6%), Sodium: 828.46mg (36.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.64%), Vitamin K: 104.94µg (99.94%), Vitamin D: 11.95µg (79.68%), Selenium: 51.61µg (73.74%), Vitamin B12: 2.99µg (49.87%), Vitamin B2: 0.67mg (39.47%), Vitamin A: 1635.03IU (32.7%), Phosphorus: 314.85mg (31.49%), Vitamin E: 3.62mg (24.16%), Folate: 96.06µg (24.01%), Vitamin B5: 2.24mg (22.37%), Vitamin B6: 0.4mg (20.1%), Vitamin B3: 3.33mg (16.67%), Iron: 2.84mg (15.8%), Vitamin C: 12.79mg (15.51%), Potassium: 506.69mg (14.48%), Manganese: 0.28mg (13.83%), Calcium: 126.71mg (12.67%), Magnesium: 49.82mg (12.46%), Copper: 0.22mg (10.94%), Zinc: 1.57mg (10.46%), Fiber: 2.56g (10.25%), Vitamin B1: 0.15mg (10.11%)