



Smoked salmon with grapefruit salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 grapefruit yellow (a selection of and pink if you want)
- ☐ 100 ml olive oil
- ☐ 1 optional: lemon
- ☐ 12 slices salmon smoked
- ☐ 1 large handful cilantro leaves

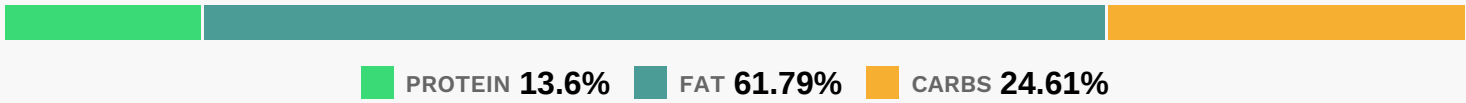
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cut away the pith from the grapefruit, then cut into segments over a bowl to catch any juice. Squeeze the membrane you are left with in with the rest of the juice, then discard the shells.
- ☐ Place all the juice in a saucepan and boil for about 10 mins until reduced to a few syrupy tablespoons, then mix with the olive oil and set aside.
- ☐ Segment the lemon and mix with the grapefruit segments. Drape the smoked salmon over 4 plates and scatter with the segments. Spoon the dressing over and finally dress with the coriander sprigs. Delicious with brown bread and butter.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:19.614347623742%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg Naringenin: 62.82mg, Naringenin: 62.82mg, Naringenin: 62.82mg, Naringenin: 62.82mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 360.67kcal (18.03%), Fat: 25.77g (39.65%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 19.24g (7%), Sugar: 13.91g (15.46%), Cholesterol: 13.8mg (4.6%), Sodium: 471.86mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.53%), Vitamin C: 74.48mg (90.28%), Vitamin D: 10.26µg (68.4%), Vitamin A: 2333.62IU (46.67%), Vitamin B12: 1.96µg (32.6%), Vitamin E: 4.41mg (29.41%), Selenium: 19.75µg (28.21%), Vitamin B3: 3.26mg (16.31%), Vitamin K: 16.9µg (16.1%), Fiber: 3.86g (15.42%), Vitamin B6: 0.29mg (14.58%), Phosphorus: 137.76mg (13.78%), Potassium: 406.9mg (11.63%), Vitamin B5: 1.08mg (10.82%), Copper: 0.21mg (10.58%), Magnesium: 30.5mg (7.63%), Vitamin B2: 0.13mg (7.48%), Folate: 29.75µg (7.44%), Vitamin B1: 0.11mg (7.19%), Calcium: 56.76mg (5.68%), Iron: 0.97mg (5.4%), Manganese: 0.06mg (3.24%), Zinc: 0.34mg (2.28%)