



## Smoked Salmon with Shrimp, Horseradish Cream and Lime Vinaigrette

READY IN



30 min.

SERVINGS



2

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons crème fraîche
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons horseradish
- ☐ 4 handfuls lettuce
- ☐ 2 lime
- ☐ 4 tablespoons olive oil
- ☐ 2 servings salt and pepper

- ☐ 20 large shells with shells on
- ☐ 4 ounces salmon smoked thinly sliced

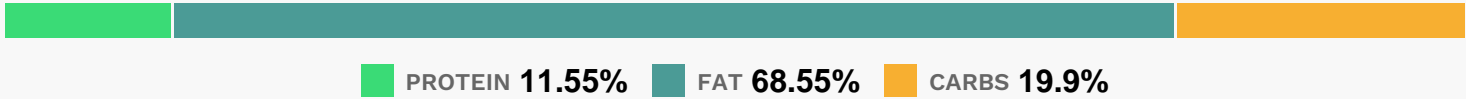
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander
- ☐ microplane

## Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the shrimp and cook until pink, one to two minutes.
- ☐ Drain shrimp in a colander, and then toss in a bowl of ice water. When cool, drain again. Peel off the shells, leaving the tails on. (You can remove the tails if you'd like.)
- ☐ In a medium-sized bowl, mix together the crème fraiche and horseradish. Season to taste with salt and pepper
- ☐ Using a microplane, zest one of the limes. Then juice both of the limes.
- ☐ Add the zest and juice to second bowl, along with the honey and ginger.
- ☐ Whisk until combined. Continue whisking and slowly drizzle in the olive oil. Season the dressing to taste with salt and pepper.
- ☐ In a large bowl, toss the lettuce with about half of the dressing.
- ☐ Add more of the dressing if the lettuce seems underdressed.
- ☐ Lay two ounces of the salmon on one plate. Top each with ten shrimp, a few dollops of the horseradish sauce, a handful of the lettuce, and a drizzle of the dressing. Repeat process on a second plate.

## Nutrition Facts



## Properties

Glycemic Index:104.14, Glycemic Load:7.84, Inflammation Score:-4, Nutrition Score:14.107391367788%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 419.58kcal (20.98%), Fat: 33.11g (50.93%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 19.21g (6.98%), Sugar: 8.01g (8.9%), Cholesterol: 20.12mg (6.71%), Sodium: 666.14mg (28.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.09%), Vitamin D: 9.7µg (64.64%), Selenium: 25.61µg (36.58%), Vitamin E: 5.01mg (33.39%), Vitamin B12: 1.87µg (31.23%), Vitamin C: 20.99mg (25.44%), Vitamin K: 18.05µg (17.19%), Vitamin B3: 3.03mg (15.15%), Phosphorus: 135.64mg (13.56%), Vitamin B6: 0.21mg (10.67%), Copper: 0.21mg (10.67%), Fiber: 2.42g (9.68%), Vitamin B5: 0.74mg (7.35%), Iron: 1.25mg (6.92%), Potassium: 228.09mg (6.52%), Manganese: 0.13mg (6.26%), Vitamin B2: 0.1mg (5.97%), Magnesium: 22.79mg (5.7%), Calcium: 46.71mg (4.67%), Vitamin A: 167.73IU (3.35%), Zinc: 0.49mg (3.29%), Folate: 12.69µg (3.17%), Vitamin B1: 0.05mg (3.07%)