



Smoked Trout and Grapefruit Salad



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 head bibb lettuce
- ☐ 4 stalks celery thinly sliced
- ☐ 2 heads endive thinly sliced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 large pink red
- ☐ 1 medium onion red thinly sliced
- ☐ 3 scallions thinly sliced
- ☐ 0.5 pound trout smoked flaked

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 bunch watercress trimmed

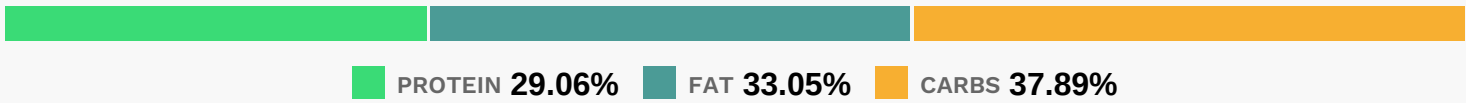
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Grate 1/4 teaspoon zest from the grapefruit and set aside. Trim the ends from the grapefruit, then cut away the peel and white pith. Working over a bowl, cut along both sides of each membrane with a paring knife to remove the segments. Discard any seeds.
- ☐ Cut the grapefruit segments into pieces. Squeeze the juice from the membranes into the bowl.
- ☐ Whisk the sour cream, 2 tablespoons of the grapefruit juice, the grapefruit zest, scallions, 2 tablespoons water and 1/2 teaspoon each salt and pepper in a bowl.
- ☐ Toss the watercress, endive, lettuce, celery and onion in a large bowl.
- ☐ Add the dressing and toss to coat. Divide the salad among shallow bowls. Top with the reserved grapefruit segments and the smoked trout.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:35.715217300083%

Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 27.09mg, Naringenin: 27.09mg, Naringenin: 27.09mg, Naringenin: 27.09mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 24.57mg, Kaempferol: 24.57mg, Kaempferol: 24.57mg, Kaempferol: 24.57mg

24.57mg, Kaempferol: 24.57mg, Kaempferol: 24.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

Nutrients (% of daily need)

Calories: 230.91kcal (11.55%), Fat: 8.98g (13.81%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 13.03g (4.74%), Sugar: 9.57g (10.63%), Cholesterol: 77.06mg (25.69%), Sodium: 333.3mg (14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Vitamin K: 607.95µg (579%), Vitamin A: 7893.52IU (157.87%), Folate: 391.11µg (97.78%), Vitamin C: 49.94mg (60.54%), Manganese: 1.16mg (57.85%), Selenium: 28.78µg (41.12%), Fiber: 10.12g (40.5%), Potassium: 1388.9mg (39.68%), Vitamin B12: 2.02µg (33.7%), Phosphorus: 319.9mg (31.99%), Vitamin B5: 3.05mg (30.49%), Vitamin B2: 0.43mg (25.31%), Vitamin B6: 0.47mg (23.61%), Calcium: 227.46mg (22.75%), Vitamin B1: 0.32mg (21.03%), Magnesium: 82.34mg (20.58%), Zinc: 2.48mg (16.55%), Iron: 2.94mg (16.35%), Copper: 0.32mg (15.99%), Vitamin B3: 3.12mg (15.59%), Vitamin E: 1.51mg (10.04%)