



Smoked-Trout Salad with Mustard Dressing



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 belgian endives separated
- ☐ 1 tablespoon dijon mustard
- ☐ 1 apples i use 2 granny smith apples cored halved very thinly sliced
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 20 servings salt and pepper freshly ground
- ☐ 1 medium shallots chopped
- ☐ 1.5 tablespoons sherry vinegar
- ☐ 2.5 tablespoons vegetable oil

- ☐ 1.5 tablespoons walnut oil
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 1 cup watercress sprigs
- ☐ 0.5 pound whitefish smoked boneless

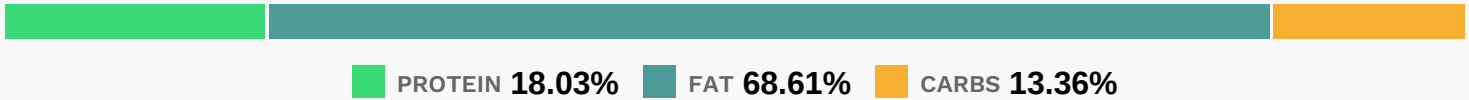
Equipment

- ☐ blender

Directions

- ☐ In a blender, puree the shallot, vinegars and mustard. Gradually blend in the oils. Season with salt and pepper.
- ☐ Arrange the endives, apple, walnuts, trout and watercress on plates.
- ☐ Drizzle with the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.558695660985%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 61.93kcal (3.1%), Fat: 4.9g (7.54%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.14g (1.26%), Cholesterol: 5.67mg (1.89%), Sodium: 209.22mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin K: 7.99µg (7.61%), Selenium: 5.18µg (7.4%), Manganese: 0.13mg (6.25%), Phosphorus: 34.54mg (3.45%), Copper: 0.06mg (3.18%), Vitamin B12: 0.18µg (2.99%), Fiber: 0.66g (2.64%), Vitamin B3: 0.5mg (2.51%), Magnesium: 9.74mg (2.44%), Vitamin B6: 0.05mg (2.35%),

Vitamin D: 0.35µg (2.34%), Potassium: 79.89mg (2.28%), Folate: 8.45µg (2.11%), Vitamin C: 1.45mg (1.76%), Vitamin E: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.54%), Vitamin A: 61.87IU (1.24%), Iron: 0.21mg (1.19%), Vitamin B2: 0.02mg (1.07%), Zinc: 0.15mg (1.02%)