



Sockeye Sliders with Wasabi-Ginger Aioli

 Dairy Free

READY IN



18 min.

SERVINGS



15

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup arugula packed
- ☐ 0.3 cup bottled chili sauce sweet
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced grated
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon rice vinegar
- ☐ 1.5 pound sockeye salmon fillet
- ☐ 18 buns mini

☐ 1 teaspoon wasabi paste

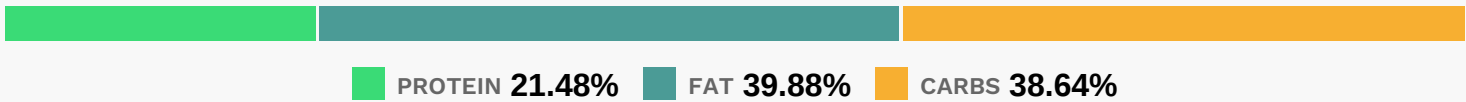
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 5 ingredients in a small bowl. Cover and chill until ready to serve.
- ☐ Cut salmon into 18 (1 1/2- x 1 1/2-inch) pieces, and place on a lightly greased aluminum foil-lined baking sheet.
- ☐ Brush with chili sauce. Broil 3 to 5 minutes (for medium) or until desired degree of doneness.
- ☐ Spread 1 teaspoon wasabi-ginger aoli on bottom of each bun. Top with salmon, a dollop of aoli, arugula, and top buns.

Nutrition Facts



Properties

Glycemic Index:11.93, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:7.5673913544287%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 229.91kcal (11.5%), Fat: 10.01g (15.4%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 20.23g (7.36%), Sugar: 5.08g (5.64%), Cholesterol: 28.08mg (9.36%), Sodium: 110.19mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Vitamin B12: 1.45µg (24.19%), Selenium: 16.74µg (23.91%), Vitamin B6: 0.37mg (18.69%), Vitamin B3: 3.57mg (17.87%), Vitamin K: 12.98µg (12.36%), Vitamin B2: 0.17mg (10.29%), Phosphorus: 93.08mg (9.31%), Iron: 1.45mg (8.07%), Vitamin B5: 0.77mg (7.72%), Vitamin B1:

0.1mg (6.94%), Potassium: 230.19mg (6.58%), Fiber: 1.58g (6.34%), Copper: 0.12mg (5.85%), Calcium: 37.05mg (3.7%), Magnesium: 13.98mg (3.5%), Folate: 12.49µg (3.12%), Zinc: 0.31mg (2.08%), Vitamin E: 0.25mg (1.66%)