



Spring Greens with Smoked Fish and Herbed Aioli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large egg yolk
- ☐ 1.3 pounds fish fillet smoked (such as trout and/or whitefish)
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 5 ounce the salad mixed
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 1 small head radicchio thinly

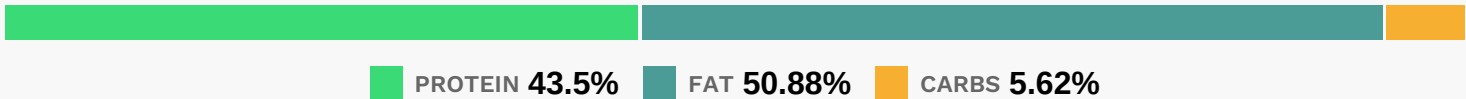
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine 2 tablespoons water, egg yolks, lemon juice, and garlic in medium metal bowl; whisk to blend.
- ☐ Place bowl over saucepan of simmering water (do not allow bottom of bowl to touch water).
- ☐ Whisk until mixture thickens and thermometer registers 160°F, 5 to 6 minutes.
- ☐ Remove from over water. Cool 10 minutes.
- ☐ Gradually whisk olive oil into aioli base, then 2 tablespoons water.
- ☐ Whisk in chives and parsley. Season aioli to taste with salt and freshly ground black pepper. DO AHEAD: can be made 1 day ahead. Cover and chill. Bring aioli to room temperature and whisk before using.
- ☐ Whisk oil and lemon juice in medium bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Combine greens and radicchio in large bowl.
- ☐ Add dressing and toss to coat. Arrange greens mixture on large platter or divide among plates. Top with fish.
- ☐ Drizzle some aioli over.
- ☐ Serve, passing remaining aioli alongside.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:12.134347892326%

Flavonoids

Cyanidin: 23.81mg, Cyanidin: 23.81mg, Cyanidin: 23.81mg, Cyanidin: 23.81mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 7.13mg, Luteolin: 7.13mg, Luteolin: 7.13mg, Luteolin: 7.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 143.86kcal (7.19%), Fat: 8.23g (12.65%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.25g (0.28%), Cholesterol: 104.29mg (34.76%), Sodium: 49.16mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.65%), Vitamin K: 62.88µg (59.88%), Selenium: 33.5µg (47.86%), Vitamin B12: 1.24µg (20.74%), Vitamin D: 2.54µg (16.94%), Phosphorus: 161.57mg (16.16%), Vitamin B3: 2.93mg (14.66%), Folate: 46.77µg (11.69%), Vitamin E: 1.64mg (10.92%), Vitamin C: 8.21mg (9.95%), Potassium: 319.01mg (9.11%), Vitamin B6: 0.17mg (8.51%), Vitamin A: 395.01IU (7.9%), Copper: 0.14mg (6.76%), Magnesium: 24.88mg (6.22%), Vitamin B5: 0.62mg (6.19%), Vitamin B2: 0.1mg (5.6%), Iron: 0.88mg (4.88%), Manganese: 0.09mg (4.69%), Zinc: 0.55mg (3.68%), Vitamin B1: 0.05mg (3.43%), Calcium: 23.92mg (2.39%)