



Ten-Minute Smoked Salmon with Avocado-Radish Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado--peeled pitted cut into 1-inch slices
- ☐ 2 medium cucumbers--peeled halved seeded thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon mustard
- ☐ 1 cup hardwood chips such as hickory or apple
- ☐ 6 radishes thinly sliced

- ☐ 0.5 small onion red thinly sliced
- ☐ 1.3 pound center-cut salmon fillet skinless
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 4 woody herb stems and sprigs such as rosemary, thyme or winter savory

Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ spatula
- ☐ glass baking pan
- ☐ oven mitt

Directions

- ☐ In a shallow glass baking dish, blend the soy sauce with the mustard and sugar.
- ☐ Add the salmon and turn to coat. Refrigerate for 2 to 3 hours.
- ☐ Light a grill. If using charcoal, scatter the wood chips and herbs over the coals. If using a gas grill, place the wood chips and herbs in a smoker box or scatter over the heat bars.
- ☐ Place a large double layer of foil over the center of the grill. Arrange the salmon on the foil. Cover the grill and smoke the salmon until just cooked through, about 10 minutes.
- ☐ In a large bowl, mix the mayonnaise with the lime juice and season with salt and pepper. Gently fold in the radishes, cucumbers, avocado and onion.
- ☐ Using thick oven mitts, carefully lift the foil from the grill. With a thin spatula, transfer the salmon to plates and serve with the avocado-radish salad.
- ☐ Make Ahead: The hot-smoked salmon can be refrigerated overnight.
- ☐ Wine Recommendation: The salmon's smoky flavor and its pungent marinade suggest an aromatic, fruity white, such as a Pinot Gris from Oregon. Consider the 1999 King Estate or the 1999 Willamette Valley Vineyards.

Nutrition Facts

PROTEIN 23.16% FAT 57.06% CARBS 19.78%

Properties

Glycemic Index:65.07, Glycemic Load:7.69, Inflammation Score:-8, Nutrition Score:20.887826136597%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 375.11kcal (18.76%), Fat: 24.02g (36.95%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 13.78g (5.01%), Sugar: 2.51g (2.79%), Cholesterol: 55.89mg (18.63%), Sodium: 856.24mg (37.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.86%), Selenium: 36.08µg (51.54%), Vitamin B12: 3.02µg (50.27%), Vitamin B6: 1mg (49.79%), Vitamin B3: 9.21mg (46.03%), Phosphorus: 267.82mg (26.78%), Potassium: 934.27mg (26.69%), Vitamin B2: 0.45mg (26.58%), Vitamin K: 27.21µg (25.92%), Vitamin B5: 2.48mg (24.81%), Vitamin B1: 0.3mg (20.05%), Fiber: 4.97g (19.87%), Copper: 0.38mg (19.1%), Folate: 73.83µg (18.46%), Magnesium: 58.54mg (14.63%), Manganese: 0.27mg (13.46%), Vitamin C: 11.08mg (13.43%), Iron: 1.96mg (10.91%), Zinc: 1.16mg (7.74%), Vitamin E: 1.04mg (6.91%), Calcium: 38.1mg (3.81%), Vitamin A: 176.18IU (3.52%)