



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

NW Smoked Salmon and Hazelnut Salad ••

This Northwest-style salad features smoked salmon and roasted hazelnuts, giving it a rich and smoky flavor. It is a refreshing and nutritious dish that can be enjoyed as a main course or as a side dish. The salad is typically consumed during the spring and summer months when fresh ingredients are abundant. The preparation involves combining the ingredients, including the smoked salmon, hazelnuts, mixed greens, and a tangy vinaigrette dressing. The salad can be served chilled or at room temperature.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g Smoked Salmon

100 g Roasted Hazelnuts

200 g	Mixed Greens
50 g	vinaigrette dressing

Directions

Step 1

In a large bowl, combine the mixed greens and smoked salmon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Add the roasted hazelnuts to the bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Drizzle the vinaigrette dressing over the salad and toss gently to combine.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Serve the salad chilled or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	25 g	89.29%	100%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Birthday Wedding Anniversary Picnic

Cuisines

Chinese Mediterranean German American

Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium Sugar-Free

High Vitamin C

Kitchen Tools

Blender

Course

Appetizers

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com