



Barley-Salmon Salad with Arugula Vinaigrette

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula trimmed
- 0.3 teaspoon pepper black
- 2 ounces feta cheese crumbled
- 2 garlic cloves crushed
- 2 teaspoons olive oil extra-virgin
- 1 cup quick-cooking barley uncooked
- 8 ounce salmon fillet ()
- 0.5 teaspoon salt divided
- 2 cups water

3 tablespoons citrus champagne vinegar

Equipment

bowl

frying pan

sauce pan

blender

Directions

Bring the water to a boil in a large saucepan.

Add the barley; cover, reduce heat, and simmer for 15 minutes or until tender.

Remove from heat; let stand for 5 minutes. Spoon barley into a bowl. Cool completely.

Sprinkle fish with 1/8 teaspoon salt.

Place the fish in a small nonstick skillet coated with cooking spray over medium heat; cook 6 minutes on each side or until fish flakes easily when tested with a fork.

Remove fish from pan; cool completely. Discard skin.

Cut fish into 1-inch pieces; add to barley in bowl.

Place the remaining salt, arugula, and the next 4 ingredients (arugula through crushed garlic) in a blender, and process until smooth, scraping down the sides of blender.

Pour arugula vinaigrette over barley and fish; add cheese. Toss gently to combine. Cover and chill.

Nutrition Facts



PROTEIN 23.71% **FAT 23.76%** **CARBS 52.53%**

Properties

Glycemic Index:30.25, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:17.80869579056%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 306.04kcal (15.3%), Fat: 8.09g (12.45%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 40.26g (13.42%),
Net Carbohydrates: 32.24g (11.72%), Sugar: 0.66g (0.73%), Cholesterol: 38.41mg (12.8%), Sodium: 341.87mg
(14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Selenium: 41.85µg (59.79%),
Manganese: 0.75mg (37.5%), Vitamin B3: 6.82mg (34.08%), Fiber: 8.02g (32.09%), Vitamin B6: 0.63mg (31.31%),
Vitamin B12: 1.85µg (30.85%), Phosphorus: 254.89mg (25.49%), Copper: 0.39mg (19.44%), Vitamin B2: 0.31mg
(18.27%), Magnesium: 64.43mg (16.11%), Vitamin B1: 0.23mg (15.53%), Potassium: 481.75mg (13.76%), Vitamin K:
13.59µg (12.94%), Vitamin B5: 1.17mg (11.69%), Zinc: 1.67mg (11.16%), Iron: 2.01mg (11.14%), Folate: 37.14µg (9.29%),
Calcium: 74.34mg (7.43%), Vitamin A: 334.88IU (6.7%), Vitamin C: 2.02mg (2.45%), Vitamin E: 0.36mg (2.39%)