



BBQ Salmon over Mixed Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



400 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper white
- ☐ 4 tablespoons olive oil
- ☐ 1 tablespoon onion powder

- ☐ 1 tablespoon paprika
- ☐ 1 pound salad greens mixed dried rinsed
- ☐ 36 ounce fillets salmon
- ☐ 1 tablespoon salt
- ☐ 1.5 cups tomato-vegetable juice cocktail
- ☐ 0.5 cup tomatoes chopped
- ☐ 3 tablespoons sugar white

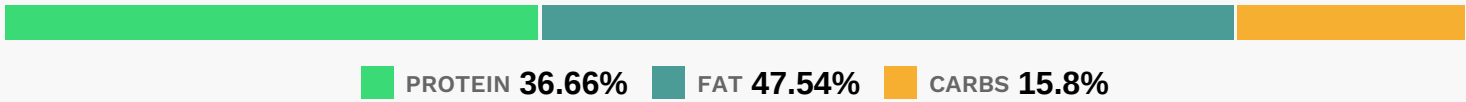
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a small bowl, mix together chili powder, garlic powder, onion powder, sugar, salt, allspice, cumin, white pepper, and paprika. Reserve 1 1/2 tablespoons of the mixture for the vinaigrette, and sprinkle remaining spice mixture over salmon fillets. Cover, and refrigerate for 6 hours.
- ☐ Preheat grill for high heat.
- ☐ Lightly oil grill grate, and spread a small amount of olive oil on salmon fillets. Cook salmon 4 to 5 minutes per side, or until easily flaked with a fork.
- ☐ In a small bowl, mix together tomato-vegetable juice cocktail, vinegar, tomatoes, olive oil, and reserved spice mixture to make vinaigrette.
- ☐ Place salad greens in a large bowl, drizzle with vinaigrette, and toss to coat.
- ☐ Divide greens among individual serving plates. Top each plate with a salmon fillet, and spoon any remaining vinaigrette over the salmon.

Nutrition Facts



Properties

Glycemic Index:36.57, Glycemic Load:5.15, Inflammation Score:-9, Nutrition Score:33.403478311456%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 392.84kcal (19.64%), Fat: 20.85g (32.08%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 13.49g (4.91%), Sugar: 8.91g (9.9%), Cholesterol: 93.55mg (31.18%), Sodium: 1310.9mg (57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.18g (72.36%), Selenium: 63.73µg (91.04%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.64mg (82.08%), Vitamin B3: 14.72mg (73.61%), Vitamin A: 2671.96IU (53.44%), Vitamin B2: 0.75mg (44.09%), Phosphorus: 405.9mg (40.59%), Vitamin C: 30.77mg (37.3%), Potassium: 1245.11mg (35.57%), Vitamin B5: 3.16mg (31.55%), Vitamin B1: 0.46mg (30.88%), Copper: 0.56mg (28.05%), Folate: 87.29µg (21.82%), Vitamin E: 2.98mg (19.86%), Magnesium: 75.15mg (18.79%), Iron: 3.17mg (17.58%), Manganese: 0.31mg (15.53%), Vitamin K: 11.81µg (11.25%), Zinc: 1.63mg (10.85%), Fiber: 2.1g (8.4%), Calcium: 58.48mg (5.85%)