



Buffalo-Style Salmon

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounce baby arugula
- 3 tablespoons cheese blue crumbled
- 2 carrots thinly sliced
- 3 stalks celery thinly sliced
- 2 tablespoons hot sauce
- 4 servings kosher salt
- 1 tablespoon juice of lemon fresh
- 2 tablespoons yogurt plain low-fat

- 1 tablespoon maple syrup
- 0.3 teaspoon paprika
- 4 servings pepper freshly ground
- 20 ounce salmon fillet skinless ()
- 2 tablespoons butter unsalted
- 4 servings vegetable oil for brushing

Equipment

- bowl
- whisk
- grill
- microwave
- grill pan

Directions

- Combine the butter, hot sauce, maple syrup, paprika and a pinch of salt in a small microwave-safe bowl; microwave until the butter melts, about 30 seconds.
- Whisk to combine. Preheat a grill or grill pan to medium.
- Whisk the blue cheese, yogurt, lemon juice, 1 tablespoon water, 2 teaspoons of the prepared sauce and 1/4 teaspoon salt in a large bowl.
- Add the arugula, celery and carrots and set aside (do not toss).
- Brush the grill with vegetable oil. Season the salmon with salt. Grill, brushing occasionally with the sauce, until marked and just cooked through, about 4 minutes per side. Toss the salad and add salt and pepper to taste.
- Serve with the salmon and the remaining sauce.
- Photograph by Christopher Testani

Nutrition Facts

 PROTEIN 28.39%  FAT 62.71%  CARBS 8.9%

Properties

Glycemic Index:55.33, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:33.245651996654%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.5mg, Kaempferol: 12.5mg, Kaempferol: 12.5mg, Kaempferol: 12.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 441.27kcal (22.06%), Fat: 30.74g (47.29%), Saturated Fat: 8.27g (51.66%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 7.81g (2.84%), Sugar: 6.49g (7.22%), Cholesterol: 97.55mg (32.52%), Sodium: 551.3mg (23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Vitamin A: 6420.6IU (128.41%), Vitamin B12: 4.64µg (77.33%), Selenium: 53.17µg (75.96%), Vitamin K: 78.24µg (74.52%), Vitamin B6: 1.28mg (63.92%), Vitamin B3: 11.75mg (58.75%), Vitamin B2: 0.72mg (42.29%), Phosphorus: 357.76mg (35.78%), Potassium: 1068.14mg (30.52%), Vitamin B5: 2.84mg (28.45%), Vitamin B1: 0.38mg (25.05%), Folate: 90.82µg (22.71%), Copper: 0.41mg (20.74%), Vitamin C: 14.44mg (17.5%), Magnesium: 69.77mg (17.44%), Manganese: 0.35mg (17.3%), Calcium: 150.52mg (15.05%), Vitamin E: 1.81mg (12.06%), Iron: 1.91mg (10.6%), Zinc: 1.47mg (9.81%), Fiber: 2g (8%)