



 **100%**
HEALTH SCORE

CATALINA Grilled Salmon Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



23 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb asparagus spears fresh trimmed
- 10 oz baby spinach leaves
- 0.5 cup classic catalina dressing kraft
- 1 small cucumber sliced quartered
- 4 green onions sliced
- 2 navel oranges
- 2 Tbsp olive oil
- 0.8 cup radishes sliced

1 lb skin-on salmon fillets

Equipment

grill

Directions

Heat grill to medium-high heat.

Brush fish and asparagus with oil. Grill 4 min. on each side or until fish flakes easily with fork and asparagus is crisp-tender.

Remove from grill; cut asparagus into 1-inch lengths.

Cover 4 large plates with spinach; top with next 4 ingredients.

Drizzle dressing over salads; top with salmon and asparagus.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:40.819999819217%

Flavonoids

Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg

Nutrients (% of daily need)

Calories: 388.78kcal (19.44%), Fat: 20.25g (31.15%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 19.99g (7.27%), Sugar: 16.82g (18.69%), Cholesterol: 62.37mg (20.79%), Sodium: 504.99mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.02%), Vitamin K: 398.09µg (379.13%), Vitamin A: 7442.34IU (148.85%), Vitamin C: 71.2mg (86.3%), Selenium: 43.65µg (62.35%), Vitamin B6: 1.22mg (60.78%), Vitamin B12: 3.61µg (60.1%), Folate: 237.78µg (59.44%), Vitamin B3: 10.41mg (52.06%), Vitamin B2: 0.71mg (41.67%), Manganese: 0.83mg (41.34%), Potassium: 1319.45mg (37.7%), Phosphorus: 324.19mg (32.42%), Vitamin B1:

0.46mg (30.78%), Magnesium: 113.83mg (28.46%), Copper: 0.56mg (27.95%), Iron: 4.51mg (25.05%), Vitamin B5: 2.41mg (24.11%), Vitamin E: 3.27mg (21.8%), Fiber: 5.23g (20.91%), Calcium: 147.16mg (14.72%), Zinc: 1.64mg (10.92%)