



Citrus-Salmon Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 pink grapefruit
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons jamaican jerk seasoning
- ☐ 2 navel oranges
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup onion red thinly sliced

- ☐ 1.5 pound skinned salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 5 cups spinach leaves fresh
- ☐ 2 tablespoons sunflower seeds

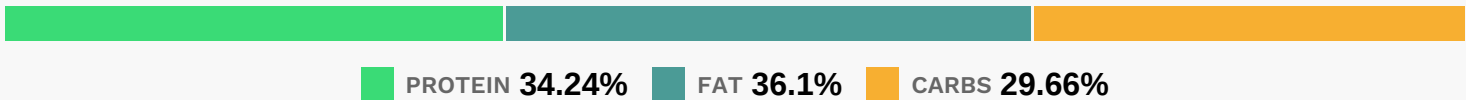
Equipment

- ☐ bowl
- ☐ whisk
- ☐ broiler pan

Directions

- ☐ Grate 1/2 teaspoon rind from orange (see Step 1 below); set grated rind aside.
- ☐ Peel oranges and grapefruit as described in Step 2 below.
- ☐ Cut out citrus sections over a bowl, reserving juice (see Step 3 below). Set citrus sections aside. Squeeze membranes over bowl to extract additional juice. Discard membranes.
- ☐ Combine 6 tablespoons citrus juice, grated rind, olive oil, and next 4 ingredients in a small bowl; stir well with a whisk. Cover dressing, and chill. Reserve remaining citrus juice for another use.
- ☐ Rub Jamaican jerk seasoning over salmon.
- ☐ Place salmon on a broiler pan coated with cooking spray. Broil 14 minutes or until fish flakes easily when tested with a fork. Flake salmon into bite-size pieces; cover and chill at least 30 minutes.
- ☐ Combine citrus sections, spinach, and onion in a large bowl.
- ☐ Drizzle dressing over salad, and toss gently to coat.
- ☐ Divide salad evenly among five plates; top each salad evenly with salmon, and sprinkle with sunflower seeds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.05, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:40.883043703826%

Flavonoids

Hesperetin: 12.61mg, Hesperetin: 12.61mg, Hesperetin: 12.61mg, Hesperetin: 12.61mg Naringenin: 37.4mg, Naringenin: 37.4mg, Naringenin: 37.4mg, Naringenin: 37.4mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 348.96kcal (17.45%), Fat: 14.41g (22.17%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 21.21g (7.71%), Sugar: 16.45g (18.27%), Cholesterol: 74.84mg (24.95%), Sodium: 287.13mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.48%), Vitamin K: 150.24µg (143.09%), Vitamin A: 5137.25IU (102.74%), Vitamin C: 74.77mg (90.63%), Selenium: 53.98µg (77.12%), Vitamin B12: 4.33µg (72.12%), Vitamin B6: 1.41mg (70.68%), Vitamin B3: 12.11mg (60.53%), Vitamin B2: 0.69mg (40.38%), Phosphorus: 362.37mg (36.24%), Folate: 137.9µg (34.47%), Potassium: 1185.01mg (33.86%), Vitamin B1: 0.49mg (32.89%), Vitamin B5: 2.8mg (28.05%), Copper: 0.55mg (27.46%), Vitamin E: 3.87mg (25.81%), Manganese: 0.51mg (25.58%), Magnesium: 99.6mg (24.9%), Fiber: 5.42g (21.69%), Iron: 2.95mg (16.36%), Calcium: 112.68mg (11.27%), Zinc: 1.54mg (10.27%)