



HEALTH SCORE

100%

Crispy Salmon and Arugula Salad with Carrot-Ginger Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



32 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups baby arugula loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup carrots grated
- ☐ 1 cup cherry tomatoes quartered
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon honey

- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 tablespoons shallots divided finely chopped
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 large bell pepper red thinly sliced
- ☐ 4 teaspoons rice vinegar divided
- ☐ 24 ounce salmon fillet wild fresh (such as Alaskan)
- ☐ 0.8 teaspoon salt divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine carrot, orange juice, 1 tablespoon onion, 1 tablespoon olive oil, 2 teaspoons rice vinegar, honey, ginger, and 1/4 teaspoon salt in a mini food processor; process 1 minute or until well combined.
- ☐ Place arugula, tomatoes, and bell pepper in a large bowl.
- ☐ Add the remaining 1 tablespoon onion, 1 1/2 teaspoons olive oil, remaining 2 teaspoons vinegar, and sesame oil; toss well.
- ☐ Sprinkle with 1/4 teaspoon salt; toss well.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish with remaining 1/4 teaspoon salt and black pepper.
- ☐ Add remaining 1 1/2 teaspoons olive oil to pan; swirl to coat.
- ☐ Add fish to pan, skin side down; cook 6 minutes or until skin is browned and crisp. Turn fish over; cook 2 minutes or until desired degree of doneness. Arrange 1 1/2 cups salad on each of 4 plates; top each serving with 1 fillet and 2 tablespoons vinaigrette.

Nutrition Facts



 **PROTEIN 40.78%**  **FAT 48.21%**  **CARBS 11.01%**

Properties

Glycemic Index:85.53, Glycemic Load:2.63, Inflammation Score:-10, Nutrition Score:36.658695718516%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.5mg, Kaempferol: 10.5mg, Kaempferol: 10.5mg, Kaempferol: 10.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 352.25kcal (17.61%), Fat: 18.7g (28.77%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 7.55g (2.75%), Sugar: 6.56g (7.28%), Cholesterol: 93.55mg (31.18%), Sodium: 531.36mg (23.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.6g (71.19%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.53µg (89.33%), Vitamin C: 72.75mg (88.19%), Vitamin B6: 1.6mg (79.85%), Vitamin A: 3608.67IU (72.17%), Vitamin B3: 14.21mg (71.04%), Vitamin B2: 0.73mg (42.69%), Vitamin K: 41.35µg (39.38%), Phosphorus: 385.49mg (38.55%), Potassium: 1184.6mg (33.85%), Vitamin B5: 3.2mg (32.04%), Vitamin B1: 0.45mg (30.21%), Folate: 102.48µg (25.62%), Copper: 0.5mg (25.03%), Magnesium: 75.64mg (18.91%), Vitamin E: 2.06mg (13.75%), Iron: 2.4mg (13.36%), Manganese: 0.26mg (12.94%), Zinc: 1.44mg (9.59%), Calcium: 82.65mg (8.27%), Fiber: 2.06g (8.23%)