



Dilled Salmon Salad

 Gluten Free

READY IN



145 min.

SERVINGS



2

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz salmon steaks
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 1 cup zucchini sliced
- ☐ 0.3 cup radishes sliced
- ☐ 2 tablespoons salad dressing
- ☐ 2 tablespoons yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 2 tablespoons ranch dressing
- ☐ 1 teaspoon optional: dill dried fresh chopped

☐ 3 cups pkt spinach

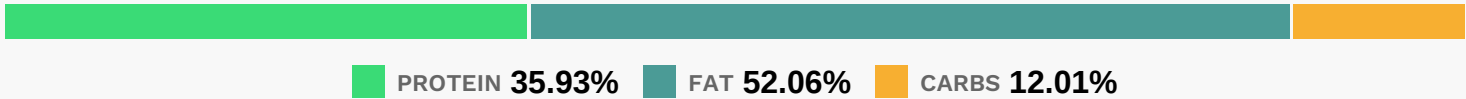
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place fish and broth in 10-inch skillet.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 5 to 10 minutes or until fish flakes easily with fork.
- ☐ Remove fish to platter. When fish is cool enough to handle, break into bite-size pieces, discarding skin and bones.
- ☐ In large bowl, mix fish, zucchini and radishes. In small bowl, mix mayonnaise, yogurt, ranch dressing and dill weed; fold into fish mixture. Cover; refrigerate at least 2 hours.
- ☐ To serve, toss fish mixture and spinach.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:34.104782585541%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 307.66kcal (15.38%), Fat: 17.74g (27.29%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 7.36g (2.68%), Sugar: 6.77g (7.52%), Cholesterol: 71.37mg (23.79%), Sodium: 1257.51mg (54.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.08%), Vitamin K: 248.18µg (236.37%), Vitamin A: 4410.72IU (88.21%), Selenium: 44.52µg (63.59%), Vitamin B12: 3.8µg (63.34%), Vitamin B6: 1.15mg

(57.54%), Vitamin B3: 10.12mg (50.61%), Vitamin B2: 0.78mg (45.8%), Phosphorus: 346.14mg (34.61%), Folate: 137.23µg (34.31%), Manganese: 0.66mg (33.1%), Potassium: 1117.38mg (31.93%), Vitamin C: 26.17mg (31.72%), Vitamin B1: 0.38mg (25.67%), Vitamin B5: 2.34mg (23.36%), Magnesium: 88.67mg (22.17%), Copper: 0.43mg (21.3%), Iron: 2.67mg (14.85%), Calcium: 127.03mg (12.7%), Vitamin E: 1.72mg (11.48%), Zinc: 1.6mg (10.65%), Fiber: 1.84g (7.37%)