



Fisherman's Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 3 rib celery sliced
- ☐ 2 pounds fish fillets firm (salmon, halibut, swordfish, grouper, or other fish)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 Leaf lettuce
- ☐ 0.7 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup onion minced
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 2 ounce pimientos diced drained
- ☐ 0.8 teaspoon salt divided
- ☐ 6 servings garnish: tomato wedges

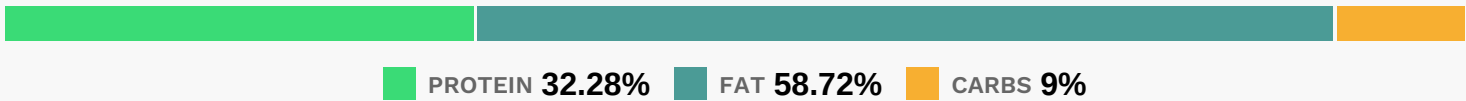
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Brush fillets with olive oil; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper, and place in a lightly greased grill basket.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 10 minutes on each side or until fish flakes with a fork. Cool fish and flake.
- ☐ Stir together mayonnaise, lemon juice, remaining 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl; add fish, celery, and next 4 ingredients, tossing lightly. Cover and chill 30 minutes.
- ☐ Serve on lettuce-lined plates; add tomato wedges if desired.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:25.413478374481%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg

Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 396.23kcal (19.81%), Fat: 26.31g (40.48%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.65g (6.28%), Cholesterol: 86.05mg (28.68%), Sodium: 613.52mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.07%), Selenium: 63.88µg (91.25%), Vitamin K: 83.97µg (79.97%), Vitamin C: 38.86mg (47.1%), Vitamin B12: 2.42µg (40.31%), Vitamin A: 1892.75IU (37.86%), Vitamin B3: 7.09mg (35.47%), Vitamin D: 4.74µg (31.58%), Phosphorus: 311.47mg (31.15%), Potassium: 935.27mg (26.72%), Vitamin B6: 0.43mg (21.47%), Vitamin E: 3.19mg (21.28%), Folate: 70.69µg (17.67%), Magnesium: 64.49mg (16.12%), Manganese: 0.31mg (15.46%), Copper: 0.25mg (12.42%), Fiber: 2.7g (10.8%), Iron: 1.78mg (9.87%), Vitamin B5: 0.97mg (9.66%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.15mg (8.8%), Zinc: 0.91mg (6.04%), Calcium: 41.92mg (4.19%)