



## Fresh Salmon Salad with Chickpeas and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 15 ounce chickpeas rinsed drained
- ☐ 2 tablespoons basil fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 6 tablespoons olive oil divided
- ☐ 0.3 cup olives black (scant)
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 tablespoon orange zest   grated
- ☐ 2 tablespoons parsley   fresh italian chopped
- ☐ 30 ounce salmon fillet   ( 2 pounds)
- ☐ 1 tablespoon salt-packed capers   in brine rinsed drained
- ☐ 1.5 cups tomatoes   chopped

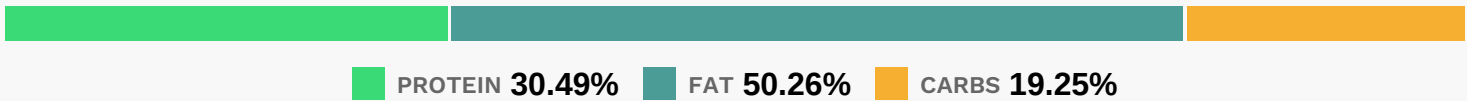
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in each of 2 heavy large skillets.
- ☐ Sprinkle salmon with salt and pepper.
- ☐ Add 3 fillets to each skillet and cook until almost cooked through, about 3 minutes per side. Cool slightly.
- ☐ Heat remaining 4 tablespoons oil in large skillet over medium-high heat.
- ☐ Add chickpeas and all remaining ingredients except basil. Stir until warm. Season with salt and pepper. Divide chickpea mixture among 6 plates. Tear salmon into 1- to 1 1/2-inch pieces; scatter over chickpeas.
- ☐ Garnish with basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:4.32, Inflammation Score:-7, Nutrition Score:31.286086891008%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg

Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 463.11kcal (23.16%), Fat: 25.84g (39.75%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 16.03g (5.83%), Sugar: 4.98g (5.53%), Cholesterol: 77.96mg (25.99%), Sodium: 345.63mg (15.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.52%), Selenium: 54.43µg (77.76%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.3mg (64.88%), Vitamin B3: 11.81mg (59.04%), Folate: 168.12µg (42.03%), Phosphorus: 414.29mg (41.43%), Manganese: 0.81mg (40.3%), Vitamin K: 38.92µg (37.07%), Vitamin B2: 0.6mg (35.05%), Copper: 0.64mg (32.06%), Potassium: 1017.51mg (29.07%), Vitamin B1: 0.43mg (28.4%), Vitamin B5: 2.62mg (26.23%), Fiber: 6.23g (24.94%), Magnesium: 81.98mg (20.49%), Iron: 3.52mg (19.54%), Vitamin E: 2.7mg (18.03%), Vitamin C: 13.51mg (16.37%), Zinc: 2.08mg (13.89%), Vitamin A: 571.57IU (11.43%), Calcium: 64.38mg (6.44%)