



HEALTH SCORE

70%

Fresh Salmon Summer Salad with Lemon Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1.5 cups blueberries fresh



1 tablespoon chives fresh



2 tablespoons juice of lemon fresh



4 servings lemon zest



0.5 cup olive oil extra-virgin



8 cups salad greens



1 pound salmon fillet

- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons citrus champagne vinegar

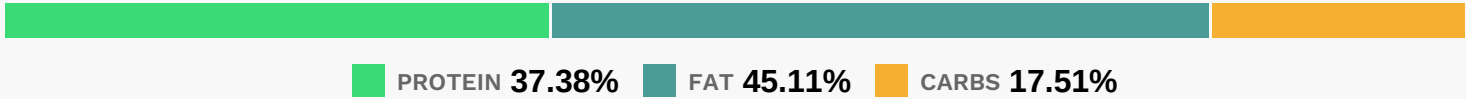
Equipment

- ☐ whisk
- ☐ blender

Directions

- ☐ Divide salad greens on four salad plates.Tear salmon into medium pieces and arrange on greens.
- ☐ Sprinkle on blueberries and lemon zest.
- ☐ Place the lemon juice, oil, and vinegar in a jar or blender and shake or blend until emulsified.
- ☐ Whisk in the chives and add salt and pepper, to taste.
- ☐ Drizzle the dressing over each salad or serve on the side.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:21.707391096198%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Quercetin: 4.32mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 256.59kcal (12.83%), Fat: 12.85g (19.77%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.83g (3.58%), Sugar: 5.74g (6.38%), Cholesterol: 62.37mg (20.79%), Sodium: 265.86mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.93%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.78µg (59.69%), Vitamin B6: 1.03mg (51.26%), Vitamin B3: 9.6mg (47.99%), Vitamin C: 27.58mg (33.43%), Vitamin B2: 0.5mg (29.17%), Phosphorus: 266.32mg (26.63%), Potassium: 749.27mg (21.41%), Vitamin B5: 2.06mg (20.65%), Vitamin A: 1017.33IU (20.35%), Vitamin B1: 0.3mg (20.22%), Copper: 0.36mg (17.93%), Manganese: 0.33mg (16.49%), Folate: 63.59µg (15.9%), Vitamin K: 15.56µg (14.82%), Magnesium: 46.12mg (11.53%), Iron: 1.65mg (9.18%), Vitamin E: 1.11mg (7.38%), Zinc: 0.99mg (6.62%), Fiber: 1.39g (5.58%), Calcium: 29.37mg (2.94%)