



Fruity Red Salmon Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 stalks celery chopped fine
- ☐ 0.5 cup golden raisins
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup mayonnaise to taste
- ☐ 1 delicious apple red minced cored
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 16 ounce salmon red flaked drained canned

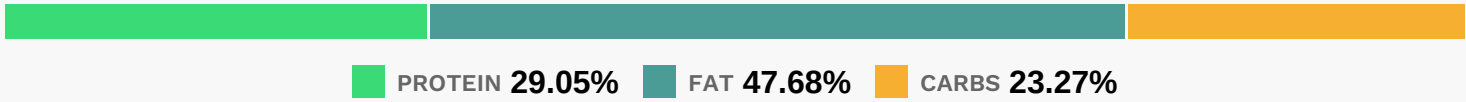
Equipment

☐ bowl

Directions

- ☐ Combine red salmon and lemon juice in a glass bowl; mix well.
- ☐ Stir in golden raisins, apple, celery, mayonnaise, and crushed red pepper flakes; mix thoroughly.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:9.54, Inflammation Score:-4, Nutrition Score:24.169565014217%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 365.92kcal (18.3%), Fat: 19.88g (30.58%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 19.7g (7.16%), Sugar: 15.97g (17.74%), Cholesterol: 101.96mg (33.99%), Sodium: 567.34mg (24.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.51%), Vitamin D: 16.48µg (109.87%), Vitamin B12: 5.64µg (93.93%), Selenium: 45.44µg (64.92%), Phosphorus: 464.12mg (46.41%), Vitamin B3: 8.72mg (43.6%), Vitamin K: 36.7µg (34.95%), Calcium: 341.61mg (34.16%), Potassium: 614.41mg (17.55%), Vitamin B2: 0.29mg (17.05%), Vitamin E: 2.27mg (15.11%), Magnesium: 47.38mg (11.84%), Vitamin B6: 0.21mg (10.75%), Copper: 0.18mg (9.12%), Fiber: 2.12g (8.49%), Zinc: 1.22mg (8.14%), Vitamin B5: 0.77mg (7.72%), Iron: 1.35mg (7.49%), Vitamin C: 6.04mg (7.32%), Manganese: 0.13mg (6.33%), Vitamin A: 215.27IU (4.31%), Folate: 14.31µg (3.58%), Vitamin B1: 0.05mg (3.13%)