



 **100%**
HEALTH SCORE

Grapefruit and Avocado Salad With Seared Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



17 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 cups arugula
- 1 avocado pitted ripe sliced
- 0.5 teaspoon pepper black divided freshly ground
- 1 large grapefruit
- 0.5 teaspoon kosher salt divided
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil

- 15 ounce salmon fillet wild (skin on)
- 0.3 cup walnuts toasted roughly chopped

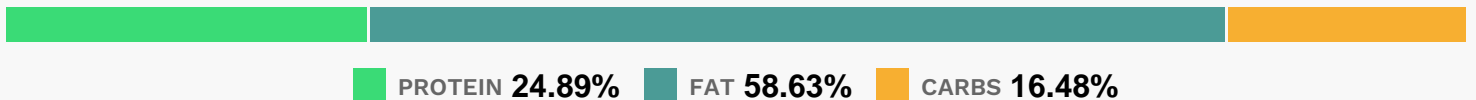
Equipment

- bowl
- frying pan
- knife
- whisk
- spatula
- cutting board

Directions

- Peel and segment grapefruit with a sharp knife on a cutting board; reserve juice in a bowl. Toss grapefruit segments and juices with arugula and avocado; divide salad among 4 serving plates. In a small bowl, whisk together lemon juice, oil, and 1/4 teaspoon each salt and pepper.
- Sprinkle remaining salt and pepper over both sides of salmon. Coat a large nonstick skillet with cooking spray; heat over medium-high heat.
- Add fish (skin-side down) to skillet, and cook until skin is golden and fish releases easily from pan (about 4 minutes). Using a spatula, gently flip fish and cook about 3 minutes more. Break each fillet into 4 pieces; top salads with 3 pieces fish.
- Drizzle salads with reserved dressing; sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:31.031739483709%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol:

0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 27.19mg, Naringenin: 27.19mg, Naringenin: 27.19mg, Naringenin: 27.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 17.45mg, Kaempferol: 17.45mg, Kaempferol: 17.45mg, Kaempferol: 17.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 390.7kcal (19.54%), Fat: 26.37g (40.56%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 10.6g (3.85%), Sugar: 7.46g (8.29%), Cholesterol: 58.47mg (19.49%), Sodium: 354.89mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Vitamin K: 69.87µg (66.55%), Selenium: 39.62µg (56.59%), Vitamin B12: 3.38µg (56.34%), Vitamin B6: 1.12mg (56.13%), Vitamin C: 41.42mg (50.2%), Vitamin B3: 9.64mg (48.22%), Vitamin A: 2260.17IU (45.2%), Folate: 135.28µg (33.82%), Vitamin B2: 0.55mg (32.39%), Potassium: 1104.61mg (31.56%), Phosphorus: 305.99mg (30.6%), Vitamin B5: 2.96mg (29.58%), Manganese: 0.55mg (27.52%), Copper: 0.55mg (27.34%), Fiber: 6.07g (24.28%), Vitamin B1: 0.36mg (23.91%), Magnesium: 88.81mg (22.2%), Vitamin E: 2.44mg (16.24%), Calcium: 126.02mg (12.6%), Iron: 2.21mg (12.27%), Zinc: 1.53mg (10.19%)