



 **51%**
HEALTH SCORE

Greek-Style Salmon Salad

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples sliced
- 0.3 cup athenos feta cheese crumbled traditional
- 0.3 cup nonfat yogurt plain greek-style
- 0.5 cup onions red sliced
- 6 oz torn salad greens mixed
- 1 lb salmon fillet skinless
- 2 tsp sugar
- 0.3 cup athenos greek vinaigrette dressing with real athenos feta cheese, divided

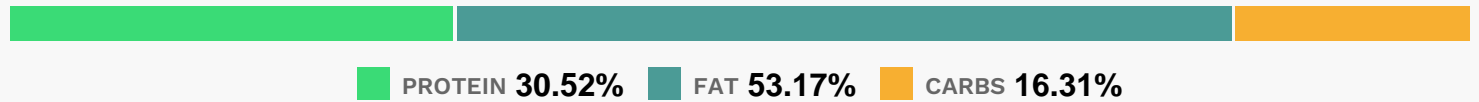
Equipment

- frying pan

Directions

- Mix 1/4 cup dressing, yogurt and sugar until blended.
- Heat remaining dressing in large skillet on medium-high heat.
- Add fish; cook 5 min. on each side or until fish flakes easily with fork.
- Remove from heat.
- Toss salad greens with apples, onions and yogurt mixture; place on platter. Top with fish and cheese.

Nutrition Facts



Properties

Glycemic Index:39.02, Glycemic Load:3.64, Inflammation Score:-6, Nutrition Score:21.396087211111%

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 Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 334.53kcal (16.73%), Fat: 19.8g (30.47%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.24g (4.45%), Sugar: 9.37g (10.41%), Cholesterol: 71.02mg (23.67%), Sodium: 181.1mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.15%), Vitamin B12: 3.86µg (64.3%), Selenium: 43.96µg (62.81%), Vitamin B6: 1.05mg (52.61%), Vitamin B3: 9.32mg (46.62%), Vitamin B2: 0.58mg (34.4%), Phosphorus: 309.82mg (30.98%), Vitamin B5: 2.18mg (21.79%), Potassium: 753.25mg (21.52%), Vitamin K: 21.86µg (20.82%),

Vitamin B1: 0.31mg (20.52%), Copper: 0.33mg (16.51%), Vitamin C: 13.58mg (16.46%), Folate: 54.09µg (13.52%),
Vitamin A: 594.04IU (11.88%), Magnesium: 46.53mg (11.63%), Calcium: 103.18mg (10.32%), Zinc: 1.29mg (8.57%), Iron:
1.35mg (7.49%), Vitamin E: 1.06mg (7.09%), Manganese: 0.13mg (6.29%), Fiber: 1.43g (5.73%)