



Green Salad with Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



1180 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 Handful blueberries
- ☐ 1 slice bread with olive oil and toasted, for servintg
- ☐ 5 small broccoli florets
- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons cherries dried
- ☐ 1 teaspoon chives fresh chopped
- ☐ 0.3 cup grape tomatoes
- ☐ 1 cup greens mixed

- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons pinenuts
- ☐ 1 fillet salmon
- ☐ 1 serving salt and pepper black freshly ground

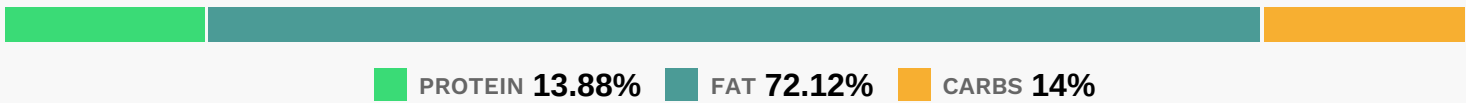
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 tablespoon olive oil in a skillet over medium-high heat.
- ☐ Sprinkle the salmon with salt and pepper.
- ☐ Add the salmon to the hot skillet and cook for 7 minutes on each side.
- ☐ Remove from the heat.
- ☐ Combine the mixed greens, tomatoes, dried cherries, pine nuts, broccoli and blueberries together in a bowl.
- ☐ Whisk together the remaining 4 tablespoons olive oil, vinegar and chives. Season with salt and pepper and pour half over the salad.
- ☐ Place the salmon on top of the salad and pour over the remaining dressing.
- ☐ Serve with toasted bread on the side.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:187, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:50.065217515697%

Flavonoids

Cyanidin: 6.34mg, Cyanidin: 6.34mg, Cyanidin: 6.34mg, Cyanidin: 6.34mg Petunidin: 23.65mg, Petunidin: 23.65mg, Petunidin: 23.65mg, Petunidin: 23.65mg Delphinidin: 26.57mg, Delphinidin: 26.57mg, Delphinidin: 26.57mg, Delphinidin: 26.57mg Malvidin: 50.69mg, Malvidin: 50.69mg, Malvidin: 50.69mg, Malvidin: 50.69mg Peonidin: 15.22mg, Peonidin: 15.22mg, Peonidin: 15.22mg, Peonidin: 15.22mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1179.85kcal (58.99%), Fat: 96.02g (147.73%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 34.66g (12.61%), Sugar: 25.65g (28.5%), Cholesterol: 93.5mg (31.17%), Sodium: 115.03mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.57g (83.15%), Vitamin K: 129.33µg (123.17%), Manganese: 2.29mg (114.33%), Selenium: 63.81µg (91.16%), Vitamin B12: 5.41µg (90.1%), Vitamin E: 13.15mg (87.67%), Vitamin C: 71.61mg (86.8%), Vitamin B6: 1.61mg (80.41%), Vitamin B3: 15.35mg (76.77%), Phosphorus: 527.98mg (52.8%), Vitamin B2: 0.81mg (47.94%), Vitamin A: 2330.72IU (46.61%), Copper: 0.81mg (40.33%), Potassium: 1357.73mg (38.79%), Vitamin B1: 0.55mg (36.7%), Vitamin B5: 3.39mg (33.85%), Magnesium: 125.84mg (31.46%), Fiber: 7.29g (29.16%), Folate: 109.9µg (27.48%), Iron: 4.47mg (24.86%), Zinc: 2.89mg (19.24%), Calcium: 93.75mg (9.37%)