



HEALTH SCORE

100%

Grilled Salmon-and-Asparagus Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



19 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



8 cups arugula



1 pound asparagus spears



4 servings pepper black freshly ground



4 servings creamy lemon-shallot vinaigrette



2 tablespoons olive oil



1.5 pound salmon fillet (6-ounce)



4 servings salt



1 pint cherry tomatoes yellow halved

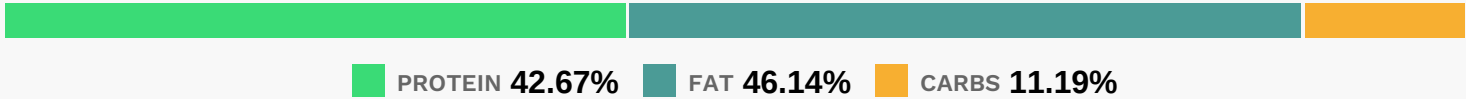
Equipment

☐ grill

Directions

- ☐ Brush salmon and toss asparagus with olive oil; sprinkle with salt and pepper. Grill salmon over medium-high heat (350 to 40
- ☐ for 3 to 5 minutes on each side or until desired degree of doneness. Grill asparagus, turning occasionally, 3 to 5 minutes or until tender.
- ☐ Divide arugula evenly among 4 plates; top with flaked salmon, asparagus, and tomatoes.
- ☐ Serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:41.032174110413%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 8.18mg, Isorhamnetin: 8.18mg, Isorhamnetin: 8.18mg, Isorhamnetin: 8.18mg Kaempferol: 15.58mg, Kaempferol: 15.58mg, Kaempferol: 15.58mg, Kaempferol: 15.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 19.35mg, Quercetin: 19.35mg, Quercetin: 19.35mg, Quercetin: 19.35mg

Nutrients (% of daily need)

Calories: 356.12kcal (17.81%), Fat: 18.52g (28.49%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 6.03g (2.19%), Sugar: 3.13g (3.48%), Cholesterol: 93.55mg (31.18%), Sodium: 309.21mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.04%), Selenium: 65.32µg (93.31%), Vitamin K: 95.15µg (90.62%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 16mg (80.02%), Vitamin B6: 1.6mg (79.8%), Vitamin B2: 0.9mg (52.81%), Phosphorus: 463.83mg (46.38%), Folate: 176.57µg (44.14%), Potassium: 1526.44mg (43.61%), Vitamin B1: 0.62mg (41.04%), Copper: 0.79mg (39.68%), Vitamin A: 1876.62IU (37.53%), Vitamin B5: 3.46mg (34.61%), Vitamin C: 26.71mg (32.37%), Iron: 5.04mg (28.02%), Magnesium: 98.94mg (24.73%), Manganese: 0.49mg (24.6%), Vitamin E: 2.47mg (16.49%), Fiber: 4.07g (16.28%), Zinc: 2.23mg (14.84%), Calcium: 127.09mg (12.71%)