



WHATSheATE



Grilled Salmon and Grapefruit Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups the salad mixed
- ☐ 1 teaspoon dijon mustard
- ☐ 24 oz ruby grapefruit red drained
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.8 lb salmon fillet thick ()
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots chopped
- ☐ 1 large onion sweet cut into 1/2-inch-thick slices

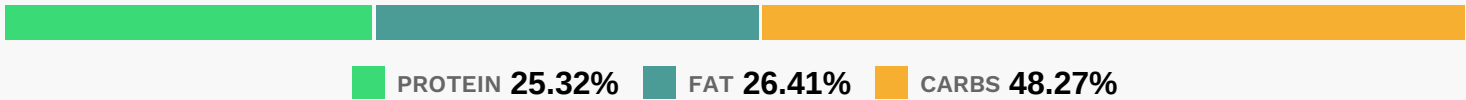
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, stir orange juice, shallots, honey, oil, mustard, 1/8 teaspoon salt and 1/8 teaspoon pepper with whisk until well blended; set aside.
- ☐ Sprinkle salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper. Carefully brush oil on grill rack. Spray salmon and onion slices with cooking spray.
- ☐ Place salmon and onion on grill over medium heat. Cover grill; cook 10 minutes, turning once, until fish flakes easily with fork and onion is tender.
- ☐ Remove skin from fish.
- ☐ Cut onion into bite-size chunks; break fish into chunks. Divide salad greens among serving plates; top with grapefruit sections, onion and fish.
- ☐ Drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:63.82, Glycemic Load:9.61, Inflammation Score:-10, Nutrition Score:25.223478306895%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 55.96mg, Naringenin: 55.96mg, Naringenin: 55.96mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.63mg, Quercetin: 12.63mg, Quercetin: 12.63mg

Nutrients (% of daily need)

Calories: 306.68kcal (15.33%), Fat: 9.34g (14.38%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 34.72g (12.63%), Sugar: 26.45g (29.38%), Cholesterol: 46.78mg (15.59%), Sodium: 442.98mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.31%), Vitamin C: 86.19mg (104.48%), Vitamin A: 2943.11IU (58.86%), Vitamin B6: 0.98mg (48.91%), Selenium: 32.52µg (46.45%), Vitamin B12: 2.7µg (45.08%), Vitamin B3: 7.69mg (38.46%), Potassium: 942.06mg (26.92%), Vitamin B2: 0.44mg (26.14%), Phosphorus: 261.34mg (26.13%), Folate: 99.39µg (24.85%), Vitamin B1: 0.35mg (23.06%), Vitamin B5: 2.1mg (20.98%), Copper: 0.37mg (18.61%), Magnesium: 60.16mg (15.04%), Fiber: 3.71g (14.84%), Manganese: 0.28mg (14.01%), Iron: 1.71mg (9.51%), Calcium: 80.28mg (8.03%), Zinc: 0.99mg (6.62%), Vitamin E: 0.76mg (5.05%), Vitamin K: 2.72µg (2.59%)