



 **71%**
HEALTH SCORE

Grilled Salmon and Grapefruit Salad with Blood Orange Vinaigrette

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

READY IN



25 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 cups baby salad greens mixed
- 0.3 teaspoon pepper black freshly ground
- 4 servings blood orange vinaigrette
- 24 ounce grapefruit sections red drained (such as Del Monte)
- 12 ounce salmon fillet thick ()
- 0.5 teaspoon salt
- 1 large vidalia sweet cut into 1/2-inch-thick slices

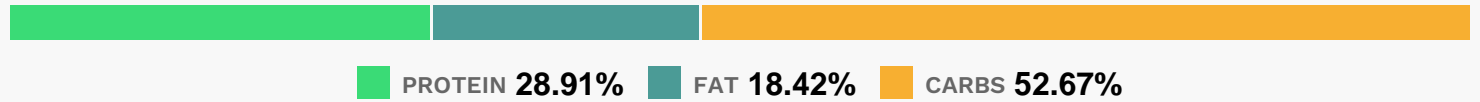
Equipment

grill

Directions

- Prepare grill.
- Sprinkle fillets with salt and pepper. Coat fillets and onion slices with cooking spray.
- Place fish and onion on grill rack coated with cooking spray. Cover and grill 5 minutes on each side or until fish flakes easily when tested with a fork and onion is tender.
- Cut onion into bite-sized chunks; break fish into chunks.
- Place 2 cups salad greens on each of 4 serving plates; arrange grapefruit sections, onion, and fish evenly over greens on each plate.
- Drizzle Blood Orange Vinaigrette evenly over salads.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:7.48, Inflammation Score:-10, Nutrition Score:26.476087080396%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 25.12mg, Hesperetin: 25.12mg, Hesperetin: 25.12mg, Hesperetin: 25.12mg Naringenin: 69.31mg, Naringenin: 69.31mg, Naringenin: 69.31mg, Naringenin: 69.31mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg

Nutrients (% of daily need)

Calories: 274.1kcal (13.71%), Fat: 5.86g (9.02%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 32.07g (11.66%), Sugar: 24.29g (26.99%), Cholesterol: 46.78mg (15.59%), Sodium: 355.55mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.41%), Vitamin C: 123.48mg (149.68%), Vitamin A: 3102.95IU (62.06%), Vitamin B6: 1.01mg (50.59%), Selenium: 32.4µg (46.29%), Vitamin B12: 2.7µg (45.08%), Vitamin B3: 7.84mg (39.19%), Potassium: 1047.06mg (29.92%), Folate: 119.03µg (29.76%), Vitamin B2: 0.47mg (27.57%), Vitamin B1: 0.4mg (26.78%), Phosphorus: 267.05mg (26.71%), Vitamin B5: 2.26mg (22.65%),

Fiber: 5.66g (22.63%), Copper: 0.4mg (19.79%), Magnesium: 65.44mg (16.36%), Manganese: 0.27mg (13.54%), Calcium: 111.31mg (11.13%), Iron: 1.64mg (9.11%), Zinc: 1mg (6.69%), Vitamin E: 0.4mg (2.67%)