



## Grilled Salmon and Spinach Salad

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

READY IN



**23 min.**

SERVINGS



**6**

CALORIES



**589 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 ounces bagged baby spinach leaves
- 0.3 teaspoon pepper black freshly ground
- 1 pint cherry tomatoes halved
- 2 tablespoons chives fresh minced for garnish
- 1.5 cups corn kernels fresh
- 1 tablespoon honey
- 0.3 cup juice of lemon ( 2 lemons, preferably Meyer)
- 1 teaspoon lemon zest

- 1.5 cups olive oil extra-virgin
- 6 servings olive oil extra-virgin for misting
- 0.7 cup orange juice fresh (use 1 large navel orange)
- 1 teaspoon orange zest
- 6 fillet salmon skinless
- 0.5 teaspoon salt
- 2 tablespoons shallots minced
- 1 teaspoon salt
- 0.3 cup balsamic vinaigrette salad dressing

## Equipment

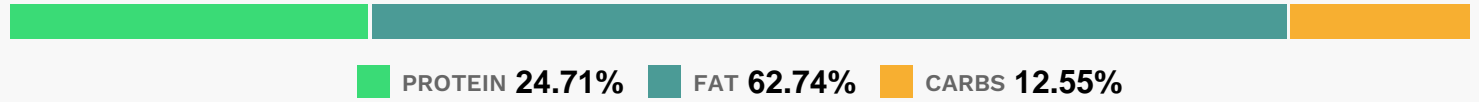
- bowl
- frying pan
- whisk
- grill
- grill pan

## Directions

- Pour the citrus juices into a bowl, and add the minced shallots. Slowly whisk in 1 1/2 cups olive oil to form a smooth emulsion.
- Add the citrus zest and honey, and season with 1 teaspoon salt and 1/4 teaspoon pepper. (This makes about 2 1/2 cups of vinaigrette; it can be refrigerated, tightly covered, for up to 2 weeks.)
- Preheat a grill or grill pan over medium-high heat.
- While the pan is heating, make the salad: In a large bowl, combine the spinach, tomatoes, and corn.
- Drizzle 1/4 cup of the vinaigrette over the salad to dress the vegetables lightly, and toss well. Arrange the salad on a platter or individual plates, and set aside.
- Lightly coat the salmon on both sides with an olive oil mister (or drizzle olive oil on it); season with salt and pepper.

- Place on the hot grill pan; grill, turning once, until golden brown on both sides and medium-rare in the center, about 8 minutes.
- Remove salmon fillets from the pan, and place them on top of the salad, or divide among individual salads.
- Sprinkle chives on top.
- Serve at once.

## Nutrition Facts



### Properties

Glycemic Index:40.55, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:40.76695626715%

### Flavonoids

Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

### Nutrients (% of daily need)

Calories: 588.7kcal (29.44%), Fat: 41.59g (63.98%), Saturated Fat: 6.2g (38.76%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 16.48g (5.99%), Sugar: 10.44g (11.6%), Cholesterol: 93.5mg (31.17%), Sodium: 694.31mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.86g (73.72%), Vitamin K: 166.79µg (158.84%), Selenium: 63.24µg (90.34%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.57mg (78.71%), Vitamin B3: 14.77mg (73.87%), Vitamin A: 3281.37IU (65.63%), Vitamin C: 49.18mg (59.62%), Vitamin B2: 0.75mg (44.18%), Phosphorus: 416.97mg (41.7%), Potassium: 1349.52mg (38.56%), Vitamin B1: 0.52mg (34.83%), Vitamin E: 5.13mg (34.21%), Folate: 136.36µg (34.09%), Vitamin B5: 3.3mg (32.98%), Copper: 0.56mg (28.14%), Magnesium: 97.52mg (24.38%), Manganese: 0.46mg (22.86%), Iron: 3.15mg (17.48%), Zinc: 1.57mg (10.45%), Fiber: 2.23g (8.91%), Calcium: 66.03mg (6.6%)