



Grilled Salmon and Spinach Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons pepper black
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon dijon honey mustard
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 4 oranges peeled cut into 6 slices

- ☐ 24 ounce salmon fillet ()
- ☐ 2 tablespoons balsamic blend seasoned rice vinegar (such as Nakano)
- ☐ 6 ounce pkt spinach fresh

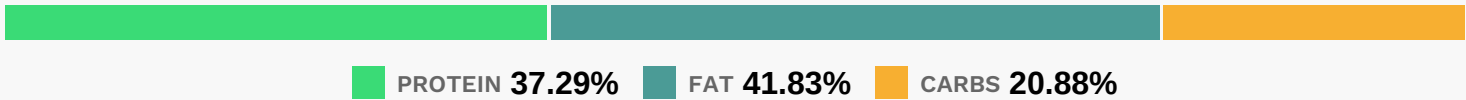
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat the grill to medium-high heat.
- ☐ To prepare vinaigrette, combine first 6 ingredients in a large bowl; stir well with a whisk.
- ☐ To prepare salad, drizzle lemon juice over fillets; sprinkle with 2 teaspoons pepper.
- ☐ Place fillets, skin sides up, on a grill rack coated with cooking spray; grill 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove skin from fillets; discard.
- ☐ Add spinach to vinaigrette in bowl; toss well.
- ☐ Place 2 cups spinach mixture on each of 4 serving plates; arrange 1 fillet and 6 orange slices on top of greens.

Nutrition Facts



Properties

Glycemic Index:67.63, Glycemic Load:6.48, Inflammation Score:-10, Nutrition Score:43.840869447459%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 38.63mg, Hesperetin: 38.63mg, Hesperetin: 38.63mg, Hesperetin: 38.63mg Naringenin: 20.5mg, Naringenin: 20.5mg, Naringenin: 20.5mg, Naringenin: 20.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg

0.37mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 390.34kcal (19.52%), Fat: 18.2g (28%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 15.97g (5.81%), Sugar: 14.06g (15.62%), Cholesterol: 93.55mg (31.18%), Sodium: 112.47mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.51g (73.01%), Vitamin K: 211.68µg (201.6%), Vitamin C: 92.53mg (112.15%), Selenium: 63.4µg (90.57%), Vitamin B12: 5.41µg (90.15%), Vitamin A: 4388.65IU (87.77%), Vitamin B6: 1.58mg (78.78%), Vitamin B3: 14.14mg (70.68%), Vitamin B2: 0.79mg (46.35%), Folate: 170.71µg (42.68%), Potassium: 1366.45mg (39.04%), Phosphorus: 386.05mg (38.6%), Vitamin B1: 0.55mg (36.68%), Vitamin B5: 3.25mg (32.47%), Manganese: 0.62mg (31.04%), Copper: 0.57mg (28.34%), Magnesium: 100.58mg (25.15%), Fiber: 4.47g (17.86%), Iron: 2.86mg (15.87%), Vitamin E: 2.14mg (14.25%), Calcium: 124.51mg (12.45%), Zinc: 1.44mg (9.61%)