



 **100%**
HEALTH SCORE

Grilled Salmon and Spinach Salad with Peach Dressing

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

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce baby spinach
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 tablespoon brown sugar light
- 4 servings peach dressing
- 24 ounce salmon fillet

1 teaspoon salt

Equipment

bowl

grill

Directions

Combine first 5 ingredients in a shallow bowl.

Rub salmon with brown sugar mixture.

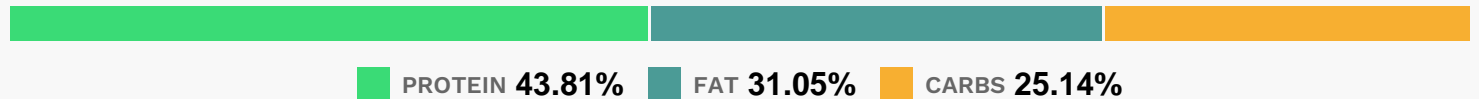
Place fillets, skin-side down, on grill rack coated with cooking spray. Grill over medium-high heat (350 to 40

minutes or until desired degree of doneness.

Remove skin and discard.

Toss spinach with 1/3 cup Peach Dressing. Arrange spinach on individual serving plates, top with salmon, and drizzle with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:43.494783069776%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 337.79kcal (16.89%), Fat: 11.78g (18.12%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 17.31g (6.29%), Sugar: 15.82g (17.57%), Cholesterol: 93.55mg (31.18%), Sodium: 734.42mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.79%), Vitamin K: 347.08µg (330.55%), Vitamin A: 7216.26IU (144.33%), Selenium: 66.17µg (94.53%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.57mg (78.65%), Vitamin B3: 15.15mg (75.76%), Vitamin B2: 0.83mg (48.93%), Folate: 189.17µg (47.29%), Phosphorus: 415.27mg (41.53%), Potassium: 1441.94mg (41.2%), Manganese: 0.82mg (40.83%), Copper: 0.65mg (32.57%), Vitamin B1: 0.48mg (32.22%), Vitamin C: 26.25mg (31.82%), Vitamin B5: 3.11mg (31.12%), Magnesium: 123.13mg (30.78%), Iron: 4.57mg (25.42%), Vitamin E: 2.57mg (17.12%), Fiber: 4.16g (16.62%), Zinc: 1.88mg (12.56%), Calcium: 112.84mg (11.28%)