



Grilled Salmon Avocado Pitas

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



65 kcal

Ingredients

- 1 cup arugula loosely packed
- 1 cup avocado diced ripe
- 0.5 pound filets
- 0.5 cup mayonnaise
- 2 teaspoons olive oil
- 2 wholewheat pita breads
- 2 teaspoons rice vinegar
- 1 teaspoon salt
- 2 teaspoons soya sauce

- 1 medium tomatoes diced seeded
- 1 tablespoon wasabi paste (see Notes)

Equipment

- bowl
- grill

Directions

- In a small bowl, combine the wasabi paste, soy sauce, vinegar, and mayonnaise. Set aside.
- Brush salmon with olive oil and sprinkle with salt.
- Lay salmon on an oiled charcoal grill over a solid bed of hot coals or over high heat on a gas grill (450 to 550; you can hold your hand 5 in. above grill level only 2 to 4 seconds); close lid on gas grill. Grill 6 to 8 minutes depending on thickness, turning over once, until just barely done (cut to test; flesh will be a darker shade of pink in the center).
- Remove from grill and quickly toast pita rounds on grill, about 2 minutes, turning once.
- Cut or flake salmon into 1-in. cubes.
- Cut pita rounds in half and spread wasabi mayonnaise on insides. Fill each pita half with salmon, avocado, arugula, and tomatoes, dividing equally.

Nutrition Facts

 **PROTEIN 14.29%**  **FAT 64.71%**  **CARBS 21%**

Properties

Glycemic Index:12.88, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:2.1726087150366%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 64.75kcal (3.24%), Fat: 4.69g (7.21%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.22g (0.24%), Cholesterol: 5.78mg (1.93%), Sodium: 178.19mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin K: 10.02µg (9.55%), Selenium: 3.14µg (4.48%), Phosphorus: 29.54mg (2.95%), Vitamin E: 0.41mg (2.7%), Potassium: 91.91mg (2.63%), Fiber: 0.62g (2.49%), Vitamin B6: 0.05mg (2.33%), Manganese: 0.05mg (2.26%), Vitamin B3: 0.44mg (2.21%), Folate: 8.5µg (2.13%), Vitamin C: 1.74mg (2.1%), Magnesium: 7.38mg (1.85%), Vitamin B1: 0.03mg (1.77%), Vitamin A: 75.48IU (1.51%), Vitamin B12: 0.09µg (1.47%), Copper: 0.03mg (1.38%), Vitamin B5: 0.13mg (1.34%), Vitamin B2: 0.02mg (1.29%), Iron: 0.18mg (1.03%)