



Grilled Salmon Caesar Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb salmon fillet
- ☐ 0.5 cup caesar dressing
- ☐ 10 oz the of 1 cos lettuce (6 cups)
- ☐ 0.5 cup caesar dressing
- ☐ 0.3 cup olives ripe sliced
- ☐ 1 oz parmesan fresh shredded

Equipment

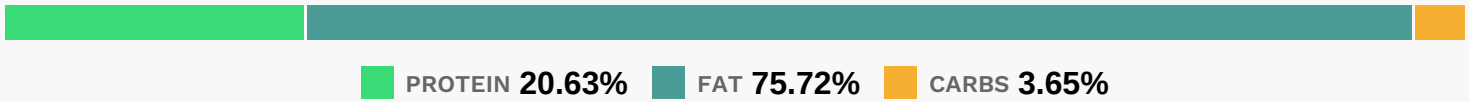
- ☐ bowl

☐ grill

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Place salmon, skin side down, on grill over medium heat.
- ☐ Brush surface of fish with 1 tablespoon of the dressing. Cover grill; cook 9 to 11 minutes, or until fish flakes easily with fork and is opaque.
- ☐ In large bowl, toss lettuce, croutons and olives.
- ☐ Pour remaining dressing over top; toss gently to coat. Spoon salad onto large platter.
- ☐ Remove skin, and flake salmon. Arrange salmon on top of salad.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.06, Inflammation Score:-10, Nutrition Score:29.719130552333%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 531.52kcal (26.58%), Fat: 44.48g (68.43%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 2.76g (1%), Sugar: 2.6g (2.89%), Cholesterol: 90.1mg (30.03%), Sodium: 1011.6mg (43.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.53%), Vitamin K: 134.57µg (128.16%), Vitamin A: 6326.95IU (126.54%), Selenium: 44.28µg (63.26%), Vitamin B12: 3.71µg (61.81%), Vitamin B6: 1mg (50.19%), Vitamin B3: 9.2mg (45.99%), Folate: 126.66µg (31.67%), Phosphorus: 308.74mg (30.87%), Vitamin B2: 0.51mg (29.91%), Potassium: 757.81mg (21.65%), Vitamin E: 3.21mg (21.43%), Vitamin B1: 0.32mg (21.18%), Vitamin B5: 2.07mg (20.7%), Copper: 0.34mg (16.79%), Calcium: 153.5mg (15.35%), Iron: 2.33mg (12.94%), Magnesium: 48.03mg (12.01%), Fiber: 2.06g (8.24%), Zinc: 1.15mg (7.68%), Manganese: 0.15mg (7.59%), Vitamin C: 3.01mg (3.65%)