



 **59%**
HEALTH SCORE

Grilled Salmon Salad

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

READY IN



50 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 asparagus spears
- 0.5 pound baby salad greens
- 1 cup canola oil
- 1 cup kalamata olives sliced in half
- 1 teaspoon brown sugar light
- 0.5 cup olive oil
- 0.5 tablespoon olive oil extra-virgin
- 0.5 teaspoon orange oil (recommended: Boyajian Orange Oil*)

- 2 oranges
- 2 oranges peeled
- 0.5 teaspoon pepper
- 1 small onion red thinly sliced
- 24 ounce salmon fillet
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon shallots finely chopped
- 0.3 teaspoon pepper white

Equipment

- bowl
- knife
- whisk
- pot
- grill
- stove
- tongs
- box grater
- zester

Directions

- Watch how to make this recipe.
- Preheat grill.
- Place a medium pot of water on the stove to boil. While the grill heats and the water comes to a boil, prepare the Orange Vinaigrette, and set aside until needed.
- Trim the bottoms of the asparagus and cook for 30 seconds in the boiling water.
- Remove from the pot to a plate.

- Place the salmon fillets on a large plate and coat with 1/4 cup olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Put the salmon fillets on the hottest part of the grill, starting with the skinless side down. Grill for about 5 to 10 minutes on each side, or until desired doneness.
- While the salmon is grilling, combine the salad greens, olives, oranges, onions, and half of the vinaigrette in a large bowl. Toss to combine. Divide the salad mixture evenly among 4 plates.
- When the salmon is nearly done, coat the asparagus with the remaining olive oil, salt, and pepper.
- Put the asparagus on the grill. Grill lightly, moving the spears around the heat frequently with tongs, for about 3 minutes.
- Remove the salmon and asparagus from the grill and distribute them evenly among the 4 plates on top of the greens mixture.
- Drizzle the remaining dressing over the salmon and serve.
- Zest the oranges with a zester or the fine side of a box grater. Finely chop the zest with a knife, then squeeze the juice out of the oranges into a small stainless steel bowl.
- Add the zest, shallots, brown sugar, and rice vinegar to the orange juice and whisk together. Slowly, in a steady stream, add the canola oil and extra-virgin olive oil while constantly whisking, until combined.
- Add the salt, pepper, and orange oil; the orange oil is strong, so just a very small amount is needed. Set the dressing aside while preparing the rest of the salad.
- *Boyajian Orange Oil is available at specialty food stores.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:6.39, Inflammation Score:-9, Nutrition Score:41.475217321645%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg Kaempferol: 1.46mg, Kaempferol:

1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 17.36mg, Quercetin: 17.36mg, Quercetin: 17.36mg, Quercetin: 17.36mg

Nutrients (% of daily need)

Calories: 557.65kcal (27.88%), Fat: 34.63g (53.28%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 19.32g (7.03%), Sugar: 16.27g (18.08%), Cholesterol: 93.55mg (31.18%), Sodium: 1055.67mg (45.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.2g (76.4%), Vitamin C: 89.59mg (108.59%), Selenium: 65.33µg (93.33%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.64mg (82.08%), Vitamin B3: 14.95mg (74.77%), Vitamin B2: 0.85mg (50.05%), Vitamin K: 46.58µg (44.36%), Vitamin B1: 0.65mg (43.42%), Phosphorus: 433.89mg (43.39%), Potassium: 1397.37mg (39.92%), Folate: 151.56µg (37.89%), Vitamin E: 5.42mg (36.16%), Copper: 0.72mg (36.13%), Vitamin B5: 3.5mg (34.99%), Vitamin A: 1746.34IU (34.93%), Fiber: 6.58g (26.33%), Magnesium: 87.53mg (21.88%), Iron: 3.91mg (21.71%), Manganese: 0.35mg (17.69%), Calcium: 127.03mg (12.7%), Zinc: 1.81mg (12.05%)