



Grilled Salmon Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups baby salad greens mixed
- 0.3 cup malt vinegar divided
- 0.5 cup blackstrap molasses divided
- 0.3 cup peppercorn mustard divided
- 2 large purple onions sliced
- 24 ounce salmon fillet
- 0.1 teaspoon salt
- 2 teaspoons vegetable oil

Equipment

- sauce pan
- grill

Directions

- Combine 1/2 cup molasses, 1/4 cup mustard, and 3 tablespoons vinegar, stirring well.
- Place salmon and onion in a shallow dish.
- Pour molasses mixture over salmon and onion. Cover and marinate in refrigerator 8 hours, turning occasionally.
- Remove salmon and onion from marinade, reserving marinade.
- Place marinade in a small saucepan. Bring to a boil; cook 1 minute. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place salmon and onion on rack; grill, covered, 4 minutes on each side, or until fish flakes easily when tested with a fork and onion is tender, basting often with reserved marinade.
- Combine onion and greens.
- Combine remaining 1 tablespoon molasses, 1 tablespoon mustard, 2 tablespoons vinegar, oil, and salt.
- Pour molasses mixture over greens mixture; toss lightly. Spoon evenly onto individual serving plates. Top each serving with a fillet.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:10.02, Inflammation Score:-8, Nutrition Score:23.543478048366%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 287.17kcal (14.36%), Fat: 9.14g (14.06%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 25.6g (9.31%), Sugar: 22.68g (25.2%), Cholesterol: 62.37mg (20.79%), Sodium: 238.4mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.01g (48.02%), Selenium: 50.37µg (71.95%), Vitamin B6: 1.21mg (60.48%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 9.57mg (47.84%), Potassium: 1126.72mg (32.19%), Manganese: 0.62mg (31.14%), Magnesium: 115.47mg (28.87%), Vitamin B2: 0.47mg (27.93%), Phosphorus: 278.57mg (27.86%), Copper: 0.47mg (23.48%), Vitamin B5: 2.25mg (22.53%), Vitamin B1: 0.32mg (21.35%), Vitamin C: 15.13mg (18.34%), Iron: 2.81mg (15.64%), Folate: 55.78µg (13.94%), Vitamin A: 659.33IU (13.19%), Calcium: 93.75mg (9.37%), Zinc: 1.05mg (6.99%), Fiber: 1.07g (4.28%), Vitamin K: 3.06µg (2.92%), Vitamin E: 0.17mg (1.11%)