



HEALTH SCORE

100%

Grilled Salmon Salad with Raspberry Vinaigrette

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby salad greens mixed rinsed
- 24 oz belgian endive
- 12 broccoli florets (8 to 10 oz. total) (1 in. wide and 3 in. long)
- 12 cherry tomatoes stemmed rinsed halved
- 1 cup raspberries rinsed
- 0.5 cup onion red chopped
- 16 oz boned salmon fillet

- 0.5 cup edamame soybeans fresh frozen shelled thawed cooked (see notes)
- 4 pumpernickel rolls
- 1 oz walnut halves

Equipment

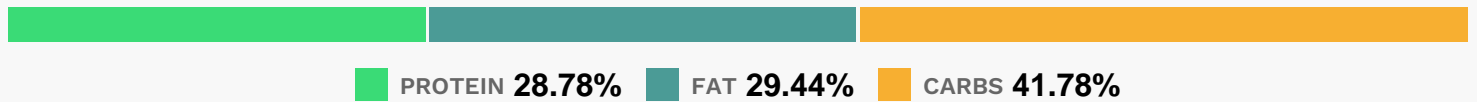
- bowl
- frying pan
- oven
- whisk
- blender
- cake form
- grill

Directions

- Bake nuts in a 9-inch pie or cake pan in a 350 regular or convection oven until golden beneath skins, shaking pan once, 7 to 9 minutes.
- Meanwhile, in a 10- to 12-inch frying pan over high heat, bring about 1 inch water to a boil. Rinse asparagus and snap off tough stem ends.
- Add asparagus or broccoli to pan and boil, uncovered, until bright green and barely tender when pierced, 2 to 3 minutes.
- Drain; rinse with cold water until cold.
- Rinse salmon and pat dry. Coat flesh sides equally with all the spice rub.
- Lay fish, coated side down, on a grill over hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook fish, turning once, until opaque but still moist-looking in center of thickest part (cut to test), 7 to 9 minutes total.
- Transfer to a plate.
- Rinse Belgian endive; trim off and discard discolored ends. Set aside 12 leaves; cut remaining leaves crosswise into 1/4-inch-wide slices and place in a bowl.
- Add salad greens, tomatoes, onion, and 1/4 cup raspberry vinaigrette; mix gently.

- Arrange asparagus and whole endive leaves equally around edges of plates. Mound salad mixture equally in center of plates; top with warm salmon.
- Sprinkle servings equally with walnuts, raspberries, and soybeans.
- Drizzle remaining vinaigrette over the top.
- Serve with pumpernickel rolls.
- Spice rub: In a blender, whirl 1 tablespoon each coriander seeds and fennel seeds and 1 1/2 teaspoons each dried thyme and black peppercorns until finely ground. Makes about 3 tablespoons.
- Raspberry vinaigrette: In a small bowl, whisk together 3 tablespoons raspberry vinegar, 2 tablespoons extra-virgin olive oil, 1 tablespoon walnut oil (optional), and 1 1/2 teaspoons Dijon mustard.
- Add salt and pepper to taste. Makes about 1/2 cup.

Nutrition Facts



Properties

Glycemic Index:48.45, Glycemic Load:24.45, Inflammation Score:-8, Nutrition Score:36.705652008886%

Flavonoids

Cyanidin: 13.92mg, Cyanidin: 13.92mg, Cyanidin: 13.92mg, Cyanidin: 13.92mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 493.93kcal (24.7%), Fat: 16.52g (25.41%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 52.75g (17.58%), Net Carbohydrates: 41.14g (14.96%), Sugar: 9.17g (10.18%), Cholesterol: 62.37mg (20.79%), Sodium: 419.71mg

(18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.33g (72.65%), Iron: 14.24mg (79.11%), Vitamin C: 60.26mg (73.05%), Selenium: 44.97µg (64.24%), Vitamin B6: 1.24mg (62.1%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.15mg (50.73%), Manganese: 0.99mg (49.32%), Fiber: 11.61g (46.43%), Phosphorus: 406.58mg (40.66%), Vitamin K: 41.83µg (39.84%), Potassium: 1380.9mg (39.45%), Folate: 154.76µg (38.69%), Vitamin B2: 0.63mg (36.79%), Copper: 0.67mg (33.48%), Vitamin B1: 0.49mg (32.39%), Vitamin B5: 2.61mg (26.15%), Magnesium: 101.9mg (25.48%), Vitamin A: 790.52IU (15.81%), Zinc: 1.87mg (12.49%), Calcium: 117.01mg (11.7%), Vitamin E: 0.93mg (6.22%)