



 **56%**
HEALTH SCORE

Grilled Salmon Salad with Salsa Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard coarse-grained
- ☐ 4 tablespoons olive oil extra virgin divided
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 8 cups the salad mixed
- ☐ 1 pound salmon fillet frozen thawed
- ☐ 0.7 cup salsa refrigerated
- ☐ 0.5 teaspoon salt

☐ 4 ounces sourdough bread cut into 1/2-inch cubes (5 slices)

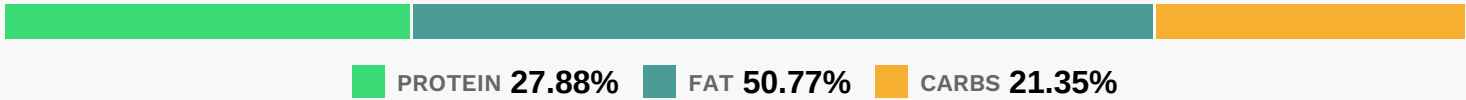
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat oven to 42
- ☐ Combine mustard, 2 tablespoons olive oil, and 1 tablespoon lemon juice in a shallow bowl; add salmon, turning to coat. Chill 30 minutes.
- ☐ Meanwhile, arrange bread cubes in a single layer on a baking sheet.
- ☐ Bake 8 minutes or until golden and crisp. Set aside to cool.
- ☐ Remove salmon from marinade; sprinkle with salt and pepper. Cook salmon on a lightly greased grill pan over medium heat 5 minutes on each side or until done.
- ☐ Transfer to a cutting board, and let cool 5 minutes.
- ☐ Cut into pieces or break into chunks.
- ☐ Whisk together salsa, remaining 2 tablespoons olive oil, and remaining 1 tablespoon lemon juice. Season to taste with additional salt, if necessary.
- ☐ Place mixed baby greens and croutons in a large bowl; add salsa mixture, tossing well to coat. Divide among 4 plates, and top evenly with salmon.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:11.37, Inflammation Score:-8, Nutrition Score:25.278260728587%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 390.75kcal (19.54%), Fat: 22.12g (34.03%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 19.37g (7.05%), Sugar: 3.19g (3.54%), Cholesterol: 62.37mg (20.79%), Sodium: 844.19mg (36.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Selenium: 51.07µg (72.96%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 11.23mg (56.14%), Vitamin B6: 1.1mg (55.19%), Vitamin B2: 0.61mg (35.81%), Vitamin B1: 0.5mg (33.56%), Phosphorus: 305.13mg (30.51%), Vitamin C: 22.3mg (27.03%), Potassium: 851.56mg (24.33%), Folate: 96.25µg (24.06%), Vitamin A: 1165.07IU (23.3%), Vitamin B5: 2.18mg (21.84%), Copper: 0.4mg (19.98%), Manganese: 0.36mg (18.06%), Vitamin E: 2.63mg (17.5%), Iron: 2.84mg (15.78%), Magnesium: 59.13mg (14.78%), Vitamin K: 10.69µg (10.18%), Zinc: 1.3mg (8.65%), Fiber: 1.57g (6.26%), Calcium: 53.78mg (5.38%)