



WHATSheATE



Grilled salmon salad with watercress yogurt dressing

READY IN



35 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 eggs
- ☐ 4 fillet salmon fillet
- ☐ 1 small wholewheat pita breads
- ☐ 2 the of 1 cos lettuce separated
- ☐ 50 g watercress
- ☐ 1 tsp horseradish
- ☐ 1 small garlic clove crushed
- ☐ 150 g yogurt

☐ 1 tablespoon juice of lemon

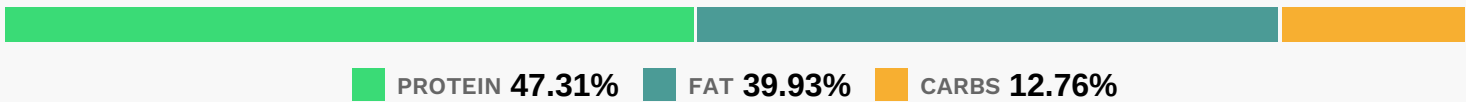
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Cook the eggs in a pan of boiling water for 8 mins.
- ☐ Drain, then cool under running water. Peel the eggs, then cut them into quarters.
- ☐ Heat grill to medium.
- ☐ Put the salmon, skin-side down, onto a baking tray, then grill for 4 mins. Turn the fish, add the torn pitta to the grill pan, then cook for 2–3 mins more until the salmon has cooked through and the pitta is crisp and golden. Leave to cool.
- ☐ Meanwhile, place the watercress, horseradish and garlic in a food processor, then whizz until finely chopped.
- ☐ Add the yogurt and 3–4 tbsp water, then pulse for a few secs more to make a smooth, pourable dressing.
- ☐ Add a little lemon juice and seasoning to taste.
- ☐ Break the salmon into large flakes. Scatter the lettuce over a platter, then top with the egg, salmon and pitta.
- ☐ Drizzle over the dressing, toss and serve.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:7.73, Inflammation Score:-9, Nutrition Score:32.573043211647%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 356.26kcal (17.81%), Fat: 15.38g (23.66%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.32g (3.75%), Sugar: 2.26g (2.51%), Cholesterol: 221.13mg (73.71%), Sodium: 225.61mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41g (81.99%), Selenium: 73.32µg (104.74%), Vitamin B12: 5.84µg (97.31%), Vitamin B6: 1.5mg (75.09%), Vitamin B3: 13.8mg (68.99%), Vitamin B2: 0.89mg (52.34%), Phosphorus: 468.08mg (46.81%), Vitamin K: 45.8µg (43.62%), Vitamin A: 1901.92IU (38.04%), Vitamin B5: 3.61mg (36.05%), Vitamin B1: 0.47mg (31.3%), Potassium: 1039.24mg (29.69%), Copper: 0.5mg (24.78%), Folate: 85.64µg (21.41%), Magnesium: 66.74mg (16.68%), Iron: 2.33mg (12.97%), Zinc: 1.92mg (12.8%), Calcium: 118.2mg (11.82%), Vitamin C: 8.12mg (9.84%), Manganese: 0.17mg (8.6%), Vitamin D: 0.7µg (4.65%), Vitamin E: 0.52mg (3.46%), Fiber: 0.73g (2.93%)