



Grilled Salmon Salade Niçoise



Gluten Free



Dairy Free

READY IN



54 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby spinach fresh
- ☐ 1 teaspoon pepper black
- ☐ 2 large eggs
- ☐ 0.5 pound green beans trimmed
- ☐ 2 tablespoons honey
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 4 teaspoons olive oil divided
- ☐ 0.5 onion red thinly sliced
- ☐ 1 pound potatoes red quartered
- ☐ 24 ounce salmon fillet
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons mustard stone-ground
- ☐ 1 large tomatoes cut into wedges (2 cups)
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

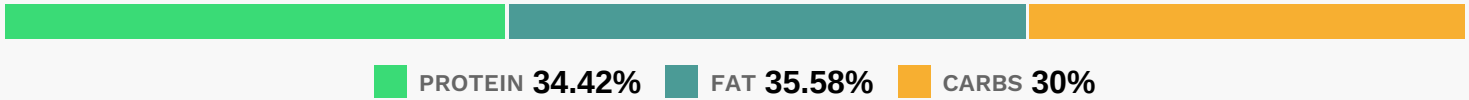
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine mustard, vinegar, honey, 1 teaspoon oil, and 1/8 teaspoon salt in a small bowl; stir with a whisk. Set aside.
- ☐ Combine remaining 1 tablespoon olive oil, lemon juice, kosher salt, and pepper in a large zip-top plastic bag.
- ☐ Add fish to bag; seal. Marinate in refrigerator 10 minutes.
- ☐ . While fish marinates, place potato and whole eggs in a large saucepan or Dutch oven; cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Remove eggs and plunge into cold water. Cook potato 5 minutes; add green beans. Simmer 5 minutes or until vegetables are tender.
- ☐ Remove potato and beans, and plunge into cold water; drain. Peel eggs, and slice each into 6 wedges; set aside.
- ☐ . Prepare grill.

- ☐ Place fish, skin sides down, on grill rack coated with cooking spray, and grill, covered, 10 to 12 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove skin from fish, and cut fish into chunks.
- ☐ Combine spinach, olives, tomato, and onion in a large bowl; add vinaigrette, potato, and beans, and toss to combine. Arrange salad evenly on plates, and top evenly with fish and eggs.

Nutrition Facts



Properties

Glycemic Index:43.21, Glycemic Load:4.41, Inflammation Score:-9, Nutrition Score:32.57869553566%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 324.17kcal (16.21%), Fat: 12.91g (19.87%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 20.61g (7.49%), Sugar: 9.55g (10.61%), Cholesterol: 124.37mg (41.46%), Sodium: 714.45mg (31.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.11g (56.22%), Vitamin K: 119.87µg (114.16%), Selenium: 50.04µg (71.48%), Vitamin B12: 3.75µg (62.57%), Vitamin B6: 1.22mg (61.19%), Vitamin B3: 10.48mg (52.4%), Vitamin A: 2559.28IU (51.19%), Vitamin B2: 0.63mg (36.78%), Potassium: 1229.13mg (35.12%), Phosphorus: 350.15mg (35.01%), Vitamin C: 23.6mg (28.61%), Folate: 109.25µg (27.31%), Vitamin B1: 0.4mg (26.88%), Manganese: 0.52mg (26.07%), Vitamin B5: 2.53mg (25.29%), Copper: 0.49mg (24.57%), Magnesium: 86.56mg (21.64%), Iron: 3.05mg (16.93%), Fiber: 3.89g (15.55%), Vitamin E: 1.54mg (10.3%), Zinc: 1.53mg (10.2%), Calcium: 80.02mg (8%), Vitamin D: 0.33µg (2.22%)