



## Grilled Salmon, Snap Peas and Spring Mix Salad with Chow Mein Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons brown sugar packed
- 3 tablespoons canola oil
- 0.5 cup chow mein noodles
- 0.3 teaspoon pepper red crushed
- 8.8 oz dole® extra with snap peas
- 4 servings salt and ground pepper to taste
- 2 tablespoons hoisin sauce

- 2 teaspoons soya sauce reduced-sodium
- 4 servings olive oil as needed
- 0.5 bell pepper red cut into 2-inch strips
- 0.3 cup rice wine vinegar
- 16 oz salmon fillet
- 2 teaspoons sesame oil

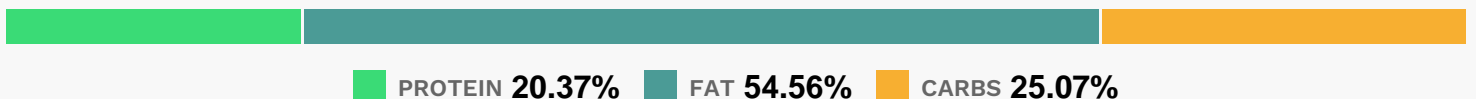
## Equipment

- bowl
- whisk
- grill

## Directions

- Heat grill to medium-high heat.
- Whisk together brown sugar, hoisin sauce, soy sauce and crushed red pepper in small bowl until blended.
- Brush salmon with oil and season with salt and pepper, to taste. Grill 8 to 10 minutes, turning once, or until desired doneness. Generously brush both sides of fish with soy sauce mixture; cook additional 30 seconds per side.
- Combine salad blend, snap peas from pouch and red bell pepper in large bowl. Toss with Asian Vinaigrette, to taste. Divide salad mixture on 4 large plates. Top each with grilled salmon and sprinkle with chow mein noodles.
- Whisk together 1/4 cup rice wine vinegar, 3 tablespoons canola oil, 2 teaspoons sesame oil, 2 teaspoons reduced sodium soy sauce until blended. Makes about 1/2 cup.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:26.470434790072%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 576.11kcal (28.81%), Fat: 34.69g (53.37%), Saturated Fat: 4.18g (26.16%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 32.04g (11.65%), Sugar: 11.67g (12.96%), Cholesterol: 62.61mg (20.87%), Sodium: 461.75mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.27%), Vitamin C: 56.28mg (68.22%), Selenium: 42.18µg (60.25%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.08mg (54.22%), Vitamin B3: 9.58mg (47.88%), Vitamin K: 32.75µg (31.2%), Vitamin B2: 0.52mg (30.46%), Vitamin E: 4.44mg (29.6%), Phosphorus: 272.13mg (27.21%), Vitamin A: 1223.28IU (24.47%), Vitamin B5: 2.42mg (24.23%), Vitamin B1: 0.36mg (23.94%), Potassium: 741.59mg (21.19%), Iron: 3.48mg (19.34%), Copper: 0.35mg (17.64%), Folate: 64.29µg (16.07%), Fiber: 3.82g (15.28%), Magnesium: 54.26mg (13.56%), Manganese: 0.24mg (12.23%), Zinc: 0.99mg (6.57%), Calcium: 51.56mg (5.16%)