



Grilled Salmon with Citrus-Fennel Salad and Grilled Escarole



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small heads endive halved lengthwise
- ☐ 1 small bulb fennel cored thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings juice of lemon freshly squeezed
- ☐ 1 navel oranges peeled cut into segments
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.5 small onion red thinly sliced

☐ 24 ounce skin-on salmon filets

Equipment

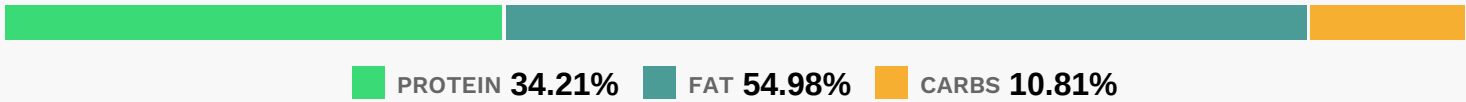
☐ bowl

☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a gas grill to medium-high or prepare a medium-hot fire in a charcoal grill.
- ☐ Brush both sides of the salmon with olive oil and sprinkle with salt and pepper. Grill the salmon, skin-side down, for 3 to 4 minutes with the grill lid closed. Open the grill, flip the salmon and cook an additional 3 to 4 minutes for medium doneness.
- ☐ Meanwhile, brush the escarole with olive oil and season with salt and pepper. On a slightly cooler area of the grill (medium heat) place the escarole cut-side down, and grill until it begins to char and the leaves have wilted, about 3 minutes.
- ☐ Remove from the heat, season with a squeeze of lemon juice; reserve.
- ☐ In a bowl, toss the fennel, fennel fronds, onions and orange segments together until combined.
- ☐ Drizzle 1 tablespoon of olive oil and a squeeze of lemon juice over the salad; season with salt and pepper and toss to combine.
- ☐ To serve, divide the grilled escarole among 4 plates. Lean a salmon filet on the escarole on each plate and top with the citrus-fennel salad.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:30.812608573748%

Flavonoids

Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg Naringenin: 2.69mg, Naringenin: 2.69mg, Naringenin: 2.69mg, Naringenin: 2.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg,

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 409.72kcal (20.49%), Fat: 25.01g (38.47%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 8.16g (2.97%), Sugar: 6.24g (6.93%), Cholesterol: 93.55mg (31.18%), Sodium: 106.72mg (4.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.01g (70.02%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.58µg (89.41%), Vitamin B6: 1.47mg (73.52%), Vitamin B3: 13.93mg (69.63%), Vitamin K: 46.54µg (44.32%), Vitamin C: 34.56mg (41.89%), Vitamin B2: 0.69mg (40.56%), Phosphorus: 382.98mg (38.3%), Potassium: 1172.33mg (33.5%), Vitamin B5: 3.1mg (31%), Vitamin B1: 0.42mg (28.3%), Copper: 0.49mg (24.35%), Folate: 76.56µg (19.14%), Magnesium: 65.64mg (16.41%), Vitamin E: 2.44mg (16.24%), Fiber: 2.9g (11.61%), Iron: 1.97mg (10.92%), Manganese: 0.18mg (9.17%), Zinc: 1.27mg (8.46%), Calcium: 69.03mg (6.9%), Vitamin A: 245.44IU (4.91%)