



Grilled Salmon With Greens

READY IN



20 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 ounces goat cheese crumbled
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 ounces salad greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon pepper
- ☐ 2 6-inch pitas whole-wheat ()

- ☐ 16 ounce salmon fillet
- ☐ 0.5 teaspoon salt

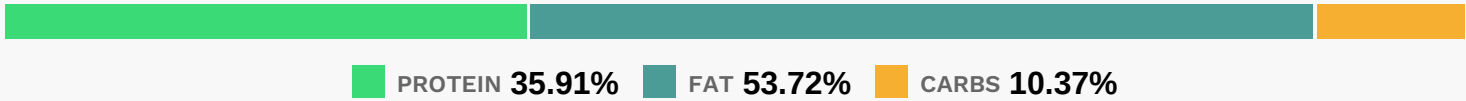
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Coat the grill with cooking spray, and heat to medium-high.
- ☐ Sprinkle salmon fillets with salt and pepper, and grill 4 minutes on each side (skin side up first) or just until done.
- ☐ Remove skin; transfer fillets to a plate.
- ☐ Grill pitas for about 45 seconds per side, or until lightly browned.
- ☐ Cut each into 4 wedges.
- ☐ Divide salad among 4 plates, and top with goat cheese and salmon.
- ☐ Whisk vinaigrette ingredients in a small bowl, and drizzle over greens. Top each salad with 2 pita crisps.
- ☐ Wine note: The tangy goat cheese and smoky salmon in the salad echo the contrasting lime fruit and rich oakiness of a California Fum Blanc. Look for the vibrant, melony-tasting Chateau St. Jean, around \$

Nutrition Facts



Properties

Glycemic Index:61.32, Glycemic Load:2.57, Inflammation Score:-7, Nutrition Score:20.166086805903%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 290.91kcal (14.55%), Fat: 17.3g (26.62%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.74g (5.27%), Cholesterol: 68.89mg (22.96%), Sodium: 424.45mg (18.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.05%), Selenium: 42.51µg (60.73%), Vitamin B12: 3.63µg (60.55%), Vitamin B6: 1.02mg (50.85%), Vitamin B3: 9.32mg (46.62%), Vitamin B2: 0.52mg (30.52%), Phosphorus: 288.73mg (28.87%), Copper: 0.43mg (21.31%), Vitamin C: 17.54mg (21.26%), Vitamin B5: 2.08mg (20.81%), Potassium: 678.76mg (19.39%), Vitamin B1: 0.29mg (19.33%), Vitamin A: 839.5IU (16.79%), Folate: 53.66µg (13.41%), Magnesium: 43.55mg (10.89%), Iron: 1.67mg (9.28%), Manganese: 0.18mg (8.87%), Vitamin E: 1.06mg (7.06%), Zinc: 1.01mg (6.73%), Vitamin K: 5.1µg (4.86%), Calcium: 44.94mg (4.49%)