



HEALTH SCORE

100%

Grilled Wild Salmon and Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 ounces cipollini onions
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 tablespoon fennel fronds chopped
- ☐ 7 ounces fennel bulb sliced
- ☐ 8 ounces fingerling potatoes
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 0.3 cup preserved lemon vinaigrette
- ☐ 4 small onions red cut into 1-inch slices (1 pound)
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt divided
- ☐ 8 ounces vidalia spring onions quartered

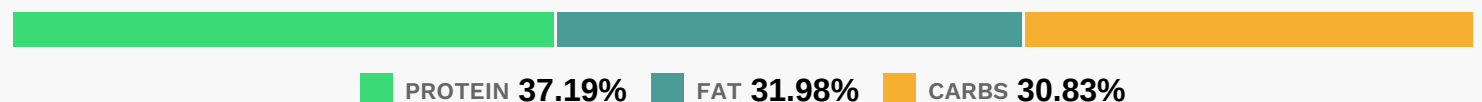
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place potatoes in a large pan of boiling water; cook 8 minutes or until tender.
- ☐ Add onions and sliced fennel; cook 3 minutes or until onions are tender.
- ☐ Drain and plunge into ice water; drain.
- ☐ Toss vegetables with oil.
- ☐ Place vegetables on grill rack coated with cooking spray; grill 4 minutes on each side or until tender and lightly browned.
- ☐ Sprinkle with 1/4 teaspoon salt, 1/4 teaspoon pepper, fennel fronds, and parsley.
- ☐ Sprinkle salmon with the remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place salmon on grill rack coated with cooking spray, and grill 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Place 1 salmon fillet onto each of 4 plates. Toss pea tendrils with Preserved Lemon Vinaigrette.
- ☐ Place about 1/2 cup pea tendril mixture over salmon.
- ☐ Add 1 1/2 cups grilled vegetables to each serving, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:88.94, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:42.557826332424%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 6.93mg, Isorhamnetin: 6.93mg, Isorhamnetin: 6.93mg, Isorhamnetin: 6.93mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 35.26mg, Quercetin: 35.26mg, Quercetin: 35.26mg, Quercetin: 35.26mg

Nutrients (% of daily need)

Calories: 414.87kcal (20.74%), Fat: 14.81g (22.78%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 24.5g (8.91%), Sugar: 10.27g (11.41%), Cholesterol: 93.55mg (31.18%), Sodium: 423.79mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.75g (77.49%), Vitamin K: 243.84µg (232.23%), Selenium: 63.82µg (91.18%), Vitamin B6: 1.82mg (90.76%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 14.89mg (74.46%), Vitamin C: 44.01mg (53.34%), Potassium: 1744.01mg (49.83%), Phosphorus: 468.59mg (46.86%), Vitamin B2: 0.79mg (46.71%), Vitamin A: 2200.82IU (44.02%), Folate: 159.23µg (39.81%), Vitamin B1: 0.54mg (36.18%), Vitamin B5: 3.35mg (33.52%), Manganese: 0.65mg (32.69%), Copper: 0.65mg (32.36%), Fiber: 7.85g (31.39%), Magnesium: 109.39mg (27.35%), Iron: 3.84mg (21.32%), Calcium: 143.53mg (14.35%), Zinc: 1.91mg (12.73%), Vitamin E: 1.47mg (9.82%)