



Honey-Mustard Grilled Salmon and Pasta Salad

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup honey
- ☐ 0.3 cup dijon mustard
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground mustard

- ☐ 1 pound salmon fillet cut into 4 pieces
- ☐ 2 medium bell pepper cut into 3/4-inch pieces
- ☐ 1 medium zucchini cut into 3/4-inch pieces
- ☐ 6 ounces rotini pasta uncooked (corkscrew)
- ☐ 2 cups the salad fresh
- ☐ 1 tablespoon dill dried fresh chopped

Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. In tightly covered container, shake all dressing ingredients.
- ☐ Brush salmon with about 2 tablespoons of the dressing. In large bowl, toss bell peppers, zucchini and 1 tablespoon of the dressing.
- ☐ Place vegetables in grill basket.
- ☐ Place salmon, skin side down, on grill.
- ☐ Add vegetables to grill. Cover and grill salmon and vegetables over medium heat 10 to 15 minutes, shaking grill basket to turn vegetables occasionally, until salmon flakes easily with fork and vegetables are crisp-tender.
- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain. In large bowl, mix pasta, vegetables and about 1/4 cup of the dressing.
- ☐ Arrange salad greens on 4 plates. Top with pasta mixture.
- ☐ Place salmon on pasta and vegetables.
- ☐ Drizzle each serving with 2 to 3 tablespoons of the dressing.
- ☐ Sprinkle with dill weed.
- ☐ Serve with remaining dressing.

Nutrition Facts



 **PROTEIN 21.39%**  **FAT 35.31%**  **CARBS 43.3%**

Properties

Glycemic Index:55.82, Glycemic Load:25.54, Inflammation Score:-9, Nutrition Score:33.768260872882%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 571.27kcal (28.56%), Fat: 22.42g (34.49%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 61.85g (20.62%), Net Carbohydrates: 57.91g (21.06%), Sugar: 27.31g (30.35%), Cholesterol: 62.37mg (20.79%), Sodium: 390.26mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.1%), Vitamin C: 91.09mg (110.41%), Selenium: 74.23µg (106.04%), Vitamin B6: 1.29mg (64.36%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.69mg (53.46%), Vitamin A: 2288.62IU (45.77%), Phosphorus: 378.08mg (37.81%), Manganese: 0.75mg (37.39%), Vitamin B2: 0.58mg (34.37%), Potassium: 1036.71mg (29.62%), Vitamin K: 30.36µg (28.92%), Vitamin B1: 0.39mg (25.93%), Vitamin B5: 2.45mg (24.48%), Copper: 0.48mg (24.25%), Magnesium: 89.3mg (22.33%), Folate: 84.75µg (21.19%), Iron: 2.97mg (16.51%), Fiber: 3.94g (15.75%), Vitamin E: 2.22mg (14.83%), Zinc: 1.88mg (12.52%), Calcium: 70.78mg (7.08%)