



Mediterranean Salmon & Potato Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



25

CALORIES



60 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinaigrette dressing divided kraft
- 1 cucumber cut into thin slices
- 1.5 tsp rosemary leaves dried divided crushed
- 2 Tbsp juice of lemon
- 1 lb potatoes red cut into wedges (3)
- 10 oz torn romaine lettuce
- 1 lb skin-on salmon fillets

Equipment

frying pan

Directions

- Cook potatoes in half each of the dressing and rosemary in large nonstick skillet on medium-high heat 8 min., stirring occasionally.
- Add fish; sprinkle with lemon juice and remaining rosemary. Cover; cook on medium-low heat 6 to 8 min. or until fish flakes easily with fork and potatoes are tender.
- Remove skin from fish; discard.
- Toss lettuce with cucumbers.
- Serve topped with the fish, potatoes and remaining dressing.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:5.3465217520361%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 59.64kcal (2.98%), Fat: 2.97g (4.57%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.72g (0.8%), Cholesterol: 9.98mg (3.33%), Sodium: 54.92mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin A: 1007.19IU (20.14%), Vitamin K: 13.01µg (12.39%), Vitamin B6: 0.2mg (9.78%), Selenium: 6.78µg (9.68%), Vitamin B12: 0.58µg (9.62%), Vitamin B3: 1.68mg (8.38%), Folate: 25.36µg (6.34%), Potassium: 217.71mg (6.22%), Phosphorus: 53.42mg (5.34%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.07mg (4.55%), Copper: 0.08mg (4.21%), Vitamin B5: 0.4mg (3.99%), Vitamin C: 2.91mg (3.52%), Magnesium: 12.51mg (3.13%), Manganese: 0.06mg (2.82%), Fiber: 0.66g (2.66%), Iron: 0.44mg (2.42%), Zinc: 0.23mg (1.5%), Calcium: 10.88mg (1.09%)