



Mediterranean Salmon Salad

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 0.3 cup green onions chopped
- ☐ 4 kalamata olives pitted chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 cup orzo pasta uncooked
- ☐ 0.5 cup bell pepper red chopped

- ☐ 12 ounce salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 2 cups torn spinach

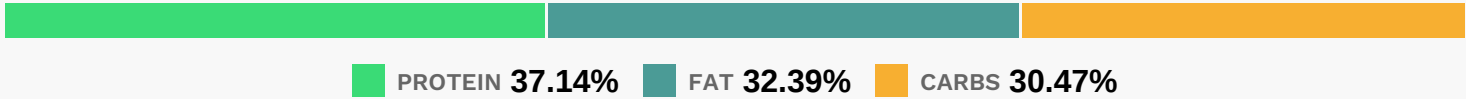
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Sprinkle salmon evenly with salt, oregano, and black pepper.
- ☐ Place on a broiler pan coated with cooking spray. Broil 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Let stand 5 minutes; break into bite-sized pieces with 2 forks.
- ☐ Combine pasta, salmon, spinach, and remaining ingredients in a medium bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:6.12, Inflammation Score:-9, Nutrition Score:24.516956515286%

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 Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 231.91kcal (11.6%), Fat: 8.28g (12.73%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 15.79g (5.74%), Sugar: 1.8g (2%), Cholesterol: 54.34mg (18.11%), Sodium: 356.94mg (15.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.7%), Vitamin K: 87.41µg (83.25%), Selenium: 44.43µg (63.47%), Vitamin B12: 2.85µg (47.47%), Vitamin A: 2140.76IU (42.82%), Vitamin B6: 0.85mg (42.68%), Vitamin C: 33.59mg (40.71%), Vitamin B3: 7.44mg (37.19%), Vitamin B2: 0.46mg (26.95%), Phosphorus: 250.03mg (25%), Manganese: 0.37mg (18.46%), Folate: 71.7µg (17.93%), Potassium: 619.77mg (17.71%), Vitamin B1: 0.25mg (16.75%), Vitamin B5: 1.67mg (16.69%), Copper: 0.31mg (15.29%), Magnesium: 53.11mg (13.28%), Iron: 1.64mg (9.11%), Calcium: 81.82mg (8.18%), Zinc: 1.22mg (8.1%), Fiber: 1.72g (6.87%), Vitamin E: 0.86mg (5.75%)