



HEALTH SCORE

89%

## Michael Symon's Grilled Salmon and Zucchini Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 optional: lemon
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 24 ounce salmon fillet

☐ 3 cups zucchini thinly sliced ( 2 small)

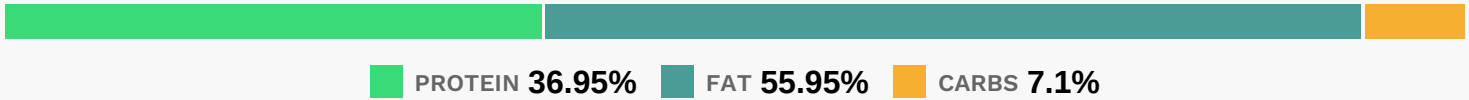
## Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

## Directions

- ☐ Preheat grill or grill pan to high heat.
- ☐ Drizzle fillets with 1 tablespoon oil.
- ☐ Sprinkle fillets evenly with 3/8 teaspoon salt and 1/4 teaspoon pepper. Arrange fillets on grill rack or grill pan; grill 5 minutes or until desired degree of doneness, turning once.
- ☐ Grate lemon rind to equal 1 1/2 teaspoons; squeeze juice to equal 2 tablespoons.
- ☐ Combine rind, juice, remaining 2 tablespoons oil, remaining 3/8 teaspoon salt, remaining 1/4 teaspoon pepper, zucchini, and dill in a bowl; toss gently to coat.
- ☐ Place 1 fillet on each of 4 plates. Top each serving with about 2/3 cup salad; sprinkle each serving with 1 tablespoon almonds.

## Nutrition Facts



## Properties

Glycemic Index:24.38, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:31.412609017414%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg

Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 393.18kcal (19.66%), Fat: 24.57g (37.8%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 4.49g (1.63%), Sugar: 3.25g (3.61%), Cholesterol: 93.55mg (31.18%), Sodium: 520.96mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.52g (73.03%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.63µg (89.47%), Vitamin B6: 1.58mg (78.93%), Vitamin B3: 14.07mg (70.37%), Vitamin B2: 0.81mg (47.88%), Phosphorus: 409.85mg (40.98%), Vitamin C: 33.45mg (40.55%), Potassium: 1180.81mg (33.74%), Vitamin B5: 3.11mg (31.14%), Vitamin B1: 0.45mg (30.06%), Copper: 0.55mg (27.58%), Magnesium: 85.81mg (21.45%), Vitamin E: 3.14mg (20.92%), Manganese: 0.4mg (20.07%), Folate: 74.79µg (18.7%), Iron: 2.36mg (13.11%), Zinc: 1.61mg (10.75%), Vitamin K: 10.73µg (10.22%), Fiber: 2.53g (10.12%), Vitamin A: 488.12IU (9.76%), Calcium: 65.37mg (6.54%)