



## Pan-Grilled Salmon on Toast with Scallion Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 inch bread whole-wheat
- ☐ 0.3 cup celery finely chopped
- ☐ 1.5 teaspoons mint leaves fresh chopped
- ☐ 1 ounce bite-size pieces frisée
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 servings accompaniment: lemon wedges
- ☐ 0.3 cup mayonnaise

- ☐ 4 teaspoons olive oil
- ☐ 1 pound salmon fillet thick ()
- ☐ 6 scallions

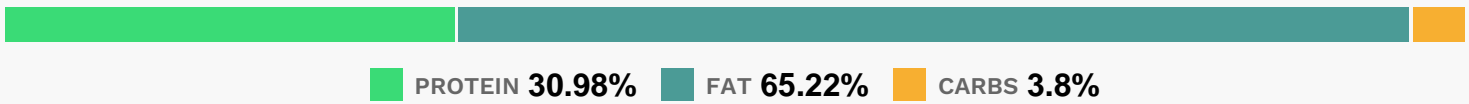
## Equipment

- ☐ spatula
- ☐ grill pan
- ☐ cutting board

## Directions

- ☐ Heat grill pan over moderately high heat until hot but not smoking. Meanwhile, toss scallions with 2 teaspoons oil and season with salt and pepper. Pat salmon dry and coat with remaining 2 teaspoons oil and season with salt and pepper.
- ☐ Cook scallions in grill pan, turning occasionally, until soft and slightly charred, about 6 minutes, then transfer to a cutting board to cool.
- ☐ Add salmon to grill pan and cook, turning over once, until just cooked through, about 12 minutes total.
- ☐ Transfer with a metal spatula to a plate and cool slightly, then gently flake.
- ☐ While salmon is grilling, finely chop scallions and stir into mayonnaise with celery, lemon juice, and mint. Season with salt and pepper.
- ☐ Toast bread and spread lightly with some of scallion mayonnaise. Divide salmon among toasts and top with dollops of scallion mayonnaise and pieces of frisée.

## Nutrition Facts



## Properties

Glycemic Index:49.54, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:21.879565340021%

## Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg,

Naringenin: 0.04mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 304.5kcal (15.22%), Fat: 21.8g (33.54%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.82g (0.91%), Cholesterol: 68.25mg (22.75%), Sodium: 157.74mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Vitamin K: 86.11µg (82.01%), Vitamin B12: 3.62µg (60.38%), Selenium: 42.25µg (60.35%), Vitamin B6: 0.96mg (47.84%), Vitamin B3: 9.14mg (45.72%), Vitamin B2: 0.46mg (27.28%), Phosphorus: 243.77mg (24.38%), Vitamin B5: 2.04mg (20.43%), Potassium: 665.78mg (19.02%), Vitamin B1: 0.28mg (18.66%), Copper: 0.33mg (16.39%), Vitamin A: 678.88IU (13.58%), Folate: 53.13µg (13.28%), Magnesium: 40.46mg (10.11%), Vitamin E: 1.32mg (8.83%), Vitamin C: 6.86mg (8.31%), Iron: 1.36mg (7.56%), Zinc: 0.87mg (5.82%), Manganese: 0.1mg (5.16%), Calcium: 40.27mg (4.03%), Fiber: 0.98g (3.9%)