



Panko Crusted Salmon and Corn Chickpea Salad

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



419 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chickpeas rinsed drained well
- ☐ 1 cup corn kernel fresh canned
- ☐ 3 eggs beaten
- ☐ 0.5 cup cucumber diced english
- ☐ 6 servings flour for coating
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons grapeseed oil

- ☐ 0.5 teaspoon ground ginger
- ☐ 1 juice of lemon juiced
- ☐ 1.5 cups panko bread crumbs
- ☐ 1 onion red
- ☐ 0.5 cup romaine tops shredded
- ☐ 24 ounce salmon servings
- ☐ 1.5 teaspoons salt
- ☐ 6 servings salt and pepper
- ☐ 1 cup tomatoes diced
- ☐ 0.5 cup balsamic vinegar white
- ☐ 1 teaspoon pepper white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ For the salad: In a large bowl, mix together the vinegar, lemon juice and some salt and pepper with a whisk.
- ☐ Add the chickpeas, corn, tomatoes, cucumber, lettuce and onions. Toss with a spoon to coat ingredients. Hold in the refrigerator until the salmon is prepared.
- ☐ Sprinkle the salmon portions with the salt, white pepper and ginger. Dip the presentation side of the salmon in some flour, and shake off the excess. Then dip the same side of salmon in the egg wash. After the egg wash, dip the salmon in panko to finish the crust.
- ☐ In a saute pan over medium-high heat, warm the oil for 1 minute. Once the oil is warm, place the breaded side down in the pan and cook until golden brown, 3 minutes. Once browned, flip and finish, 3 to 4 minutes. Then remove, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:50.29, Glycemic Load:7.98, Inflammation Score:-8, Nutrition Score:28.355217094007%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 418.78kcal (20.94%), Fat: 15.98g (24.58%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 31.17g (11.34%), Sugar: 8.49g (9.44%), Cholesterol: 144.21mg (48.07%), Sodium: 1032.03mg (44.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.62%), Selenium: 55.89µg (79.84%), Vitamin B12: 3.85µg (64.24%), Vitamin B3: 11mg (55.02%), Vitamin B6: 1.09mg (54.35%), Vitamin B2: 0.69mg (40.46%), Phosphorus: 381.92mg (38.19%), Vitamin B1: 0.54mg (35.7%), Folate: 140.8µg (35.2%), Manganese: 0.69mg (34.61%), Vitamin B5: 2.6mg (25.98%), Potassium: 882.34mg (25.21%), Copper: 0.49mg (24.63%), Iron: 3.68mg (20.45%), Vitamin K: 20.58µg (19.6%), Magnesium: 70.4mg (17.6%), Fiber: 4.38g (17.54%), Vitamin A: 797.82IU (15.96%), Zinc: 1.92mg (12.82%), Vitamin E: 1.87mg (12.46%), Vitamin C: 8.84mg (10.72%), Calcium: 86.61mg (8.66%), Vitamin D: 0.44µg (2.93%)