

food
network



HEALTH SCORE

53%

Roasted Salmon Greek Salad with Yogurt Sauce



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.3 teaspoon pepper black freshly ground



0.5 cucumber peeled sliced into half moons



0.5 cup feta crumbled



2 teaspoons mint leaves fresh finely chopped



0.3 teaspoon garlic powder



0.5 teaspoon kosher salt



1 teaspoon kosher salt

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 teaspoons olive oil extra-virgin plus more for sprinkling
- ☐ 0.5 cup olives mixed
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup greek yogurt plain low-fat
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 roma tomatoes chopped
- ☐ 1 head romaine lettuce thinly sliced
- ☐ 0.7 pound salmon fillet wild at thickest part, preferably center cut
- ☐ 1 scallion chopped

Equipment

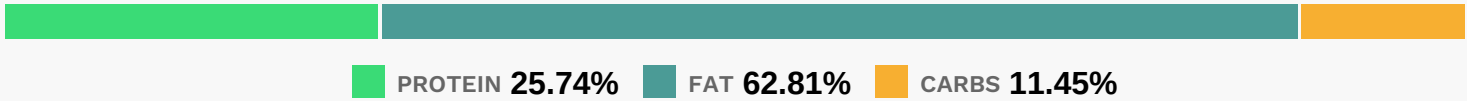
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ For the roasted salmon: Preheat the oven to 450 degrees F. Line a cooking sheet with foil and lightly oil.
- ☐ Pat the salmon dry. Check for bones by running your hand over the salmon from the thinnest to thickest end.
- ☐ Remove any bones.
- ☐ Sprinkle the salmon with the 2 teaspoons oil, lemon zest salt and pepper. Cook the salmon until just cooked through, 7 to 8 minutes.
- ☐ Let the salmon cool slightly, then flake with a fork.

- ☐ Whisk the yogurt, 1 tablespoon water, lemon zest, juice, mint, salt and pepper in a bowl until combined.
- ☐ For the Greek salad: Toss the olives, tomatoes, lettuce, scallion and cucumber in a medium bowl.
- ☐ Whisk the vinegar, oregano, salt, pepper and garlic powder in a small bowl. Gradually add the oil, whisking until emulsified.
- ☐ Pour the dressing over the salad and toss.
- ☐ Sprinkle the feta on top.
- ☐ Serve the flaked roasted salmon on top of the Greek salad and drizzle with the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:33.010000145954%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 390.91kcal (19.55%), Fat: 27.72g (42.64%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 6.57g (2.39%), Sugar: 5.13g (5.7%), Cholesterol: 60.77mg (20.26%), Sodium: 1416.83mg (61.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.11%), Vitamin A: 14131.63IU (282.63%), Vitamin K: 183.44µg (174.7%), Folate: 255.17µg (63.79%), Selenium: 36.26µg (51.8%), Vitamin B12: 3.07µg (51.18%), Vitamin B6: 0.91mg (45.29%), Vitamin B2: 0.71mg (41.93%), Vitamin B3: 7mg (34.99%), Phosphorus: 348.81mg (34.88%), Potassium: 994.61mg (28.42%), Vitamin B1: 0.35mg (23.63%), Calcium: 235.13mg (23.51%), Vitamin E: 3.37mg (22.45%), Vitamin B5: 1.96mg (19.64%), Fiber: 4.81g (19.22%), Manganese: 0.37mg (18.45%), Vitamin C: 14.75mg (17.88%), Copper: 0.35mg (17.67%), Magnesium: 65mg (16.25%), Iron: 2.83mg (15.71%), Zinc: 1.81mg (12.04%)