



## Roasted Salmon with Spaghetti-Squash Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 large kirby cucumbers--halved lengthwise seeded cut into thin half moons
- 2 small garlic cloves minced
- 2 tablespoons juice of lime fresh
- 0.3 teaspoon lime zest finely grated
- 2 tablespoons mint leaves shredded
- 2 tablespoons orange juice fresh
- 0.5 teaspoon orange zest finely grated
- 1 small chile red minced

- 1.5 pounds center-cut salmon fillet skinless thin
- 4 servings salt and pepper freshly ground
- 3.5 pound spaghetti squash halved lengthwise
- 2 tablespoons vegetable oil plus more for brushing

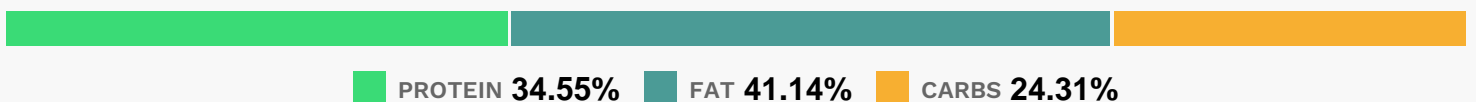
## Equipment

- bowl
- baking sheet
- paper towels
- oven
- pot

## Directions

- Preheat the oven to 50
- In a large pot of boiling salted water, cook the squash until al dente, about 12 minutes.
- Meanwhile, combine the 2 tablespoons of oil with the lime and orange juices, garlic, chile and orange and lime zests. Season with salt and pepper.
- Carefully transfer the squash halves to a large bowl and let cool. Using a fork and starting at 1 end of each piece of squash, scrape up and separate the strands. Pat dry with paper towels.
- Spread the salmon slices on a rimmed baking sheet.
- Brush lightly with oil and season with salt and pepper. Roast the salmon for about 3 minutes, or until barely cooked through.
- In a medium bowl, toss the cucumbers, mint and dressing with the squash strands. Mound the salad on plates, top with the salmon and serve.
- Notes: One Serving: 497 calories, 6 gm total fat, 7 gm saturated fat, 28 gm carb.

## Nutrition Facts



## Properties

Glycemic Index:43.5, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:35.930000263712%

## Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 420.27kcal (21.01%), Fat: 19.52g (30.03%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 20.26g (7.37%), Sugar: 11.16g (12.4%), Cholesterol: 93.55mg (31.18%), Sodium: 321.63mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.74%), Vitamin B6: 1.83mg (91.65%), Selenium: 63.36µg (90.51%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 16.34mg (81.69%), Vitamin B2: 0.75mg (44.35%), Vitamin B5: 4.25mg (42.48%), Vitamin C: 34.7mg (42.06%), Phosphorus: 414.94mg (41.49%), Potassium: 1411.15mg (40.32%), Vitamin B1: 0.56mg (37.01%), Copper: 0.66mg (33.12%), Manganese: 0.56mg (28.01%), Magnesium: 106.51mg (26.63%), Folate: 104.81µg (26.2%), Vitamin K: 26.78µg (25.5%), Fiber: 5.68g (22.74%), Iron: 2.84mg (15.78%), Vitamin A: 742.29IU (14.85%), Zinc: 1.95mg (12.99%), Calcium: 117.74mg (11.77%), Vitamin E: 1.06mg (7.09%)