



Salmon and Asparagus Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb asparagus
- 4 cups the salad
- 1 cup carrots shredded ()
- 2 tablespoons dijon mustard
- 2 hardboiled eggs cut into 8 wedges
- 0.3 cup maple syrup
- 1 lb salmon fillet
- 2 tablespoons vegetable oil

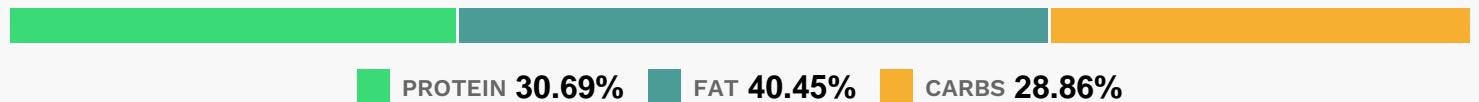
Equipment

- bowl
- whisk
- grill
- wok
- spatula

Directions

- Heat gas or charcoal grill.
- In small bowl, mix all Maple-Dijon Dressing ingredients with wire whisk.
- Cut salmon crosswise into 4 pieces.
- Brush salmon with 1 tablespoon of the dressing. In large bowl, toss asparagus and 1 tablespoon of the dressing.
- Place asparagus in grill basket (grill "wok").
- When grill is heated, place asparagus and salmon, skin side down, on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook asparagus 7 to 10 minutes and salmon 10 to 15 minutes, shaking grill basket or turning asparagus occasionally, until asparagus is crisp-tender and salmon flakes easily with fork.
- Slide pancake turner between salmon and skin to remove each piece from skin. On 4 plates, divide salad greens, carrots and eggs. Top with salmon and asparagus.
- Sprinkle with pepper.
- Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:36.052174070607%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg

Nutrients (% of daily need)

Calories: 379.11kcal (18.96%), Fat: 17.14g (26.36%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 23.91g (8.7%), Sugar: 20.11g (22.35%), Cholesterol: 155.62mg (51.87%), Sodium: 200.56mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.51%), Vitamin A: 6838.29IU (136.77%), Selenium: 54.44µg (77.77%), Vitamin B2: 1.1mg (64.9%), Vitamin B12: 3.88µg (64.73%), Vitamin K: 64.09µg (61.04%), Vitamin B6: 1.14mg (57.12%), Vitamin B3: 10.64mg (53.18%), Manganese: 0.96mg (47.84%), Phosphorus: 363.66mg (36.37%), Vitamin B1: 0.5mg (33.33%), Potassium: 1059.04mg (30.26%), Folate: 119.72µg (29.93%), Copper: 0.54mg (27.05%), Vitamin B5: 2.7mg (27.05%), Iron: 4.13mg (22.94%), Vitamin C: 17.55mg (21.27%), Magnesium: 68.74mg (17.18%), Vitamin E: 2.33mg (15.55%), Fiber: 3.6g (14.4%), Zinc: 2mg (13.31%), Calcium: 103.06mg (10.31%), Vitamin D: 0.55µg (3.67%)