



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
- ☐ 4 servings pepper black freshly ground
- ☐ 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

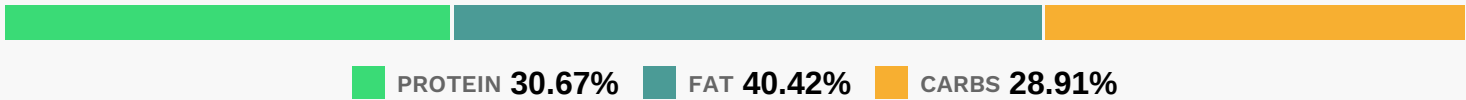
Equipment

- ☐ 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:44.83, Glycemic Load:8.3, Inflammation Score:-10, Nutrition Score:36.106087187062%

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: 379.36kcal (18.97%), Fat: 17.14g (26.37%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 23.95g (8.71%), Sugar: 20.11g (22.35%), Cholesterol: 155.62mg (51.87%), Sodium: 200.58mg (8.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.53%), Vitamin A: 6838.84IU (136.78%), Selenium: 54.45µg (77.78%), Vitamin B2: 1.1mg (64.91%), Vitamin B12: 3.88µg (64.73%), Vitamin K: 64.25µg (61.19%), Vitamin B6: 1.14mg (57.13%), Vitamin B3: 10.64mg (53.19%), Manganese: 0.97mg (48.48%), Phosphorus: 363.82mg (36.38%), Vitamin B1: 0.5mg (33.34%), Potassium: 1060.37mg (30.3%), Folate: 119.74µg (29.93%), Copper: 0.54mg (27.12%), Vitamin B5: 2.71mg (27.06%), Iron: 4.14mg (23%), Vitamin C: 17.55mg (21.27%), Magnesium: 68.91mg (17.23%), Vitamin E: 2.33mg (15.56%), Fiber: 3.63g (14.5%), Zinc: 2mg (13.32%), Calcium: 103.5mg (10.35%), Vitamin D: 0.55µg (3.67%)