



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).

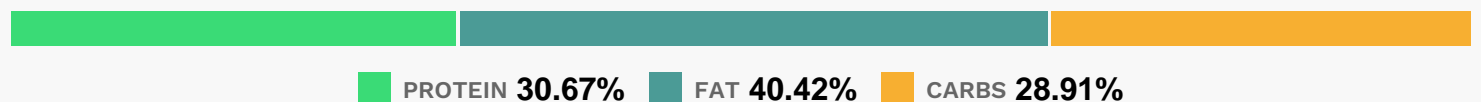
When grill is heated, place asparagus and salmon, skin side down, on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook asparagus 7 to 10 minutes and salmon 10 to 15 minutes, shaking grill basket or turning asparagus occasionally, until asparagus is crisp-tender and 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: 0g (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%)