



WHATSheATE



## Salmon and Chickpea Salad Over Chilled Mirin Rice



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



385 kcal

BEVERAGE

DRINK

### Ingredients



4 bibb lettuce leaves



15 ounce chickpeas rinsed drained canned



12 ounce salmon drained canned



1 stalk celery diced



2 cups rice cooked



2 tablespoons cilantro leaves fresh chopped



0.5 teaspoon garlic powder

- ☐ 4 servings salt and ground pepper black
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup rice wine
- ☐ 1 teaspoon wasabi paste

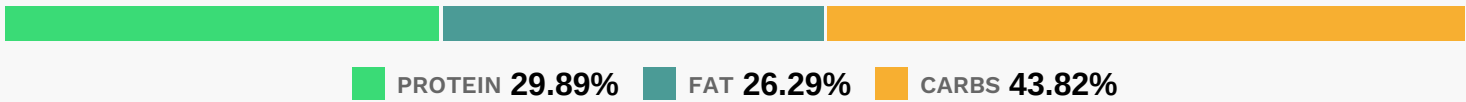
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ In a large bowl, whisk together mayonnaise, lemon zest, garlic powder, and wasabi paste. Fold in salmon, chickpeas, celery and cilantro. Season, to taste, with salt and black pepper.
- ☐ In a medium bowl, combine rice and mirin. Toss to combine and season, to taste, with salt and black pepper.
- ☐ Place a large lettuce leaf on each plate. Divide rice among lettuce cups. Spoon salmon mixture over rice.

## Nutrition Facts



## Properties

Glycemic Index:62.58, Glycemic Load:27.88, Inflammation Score:-7, Nutrition Score:26.888260768807%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 384.63kcal (19.23%), Fat: 10.77g (16.58%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 34.88g (12.69%), Sugar: 1.01g (1.12%), Cholesterol: 73.58mg (24.53%), Sodium: 784.37mg (34.1%), Alcohol: 2.41g (100%), Alcohol %: 0.92% (100%), Protein: 27.56g (55.12%), Vitamin D: 12.33µg (82.21%),

Vitamin B12: 4.21µg (70.17%), Manganese: 1.33mg (66.47%), Selenium: 42.57µg (60.82%), Phosphorus: 455.27mg (45.53%), Vitamin B6: 0.7mg (34.84%), Vitamin B3: 6.86mg (34.3%), Calcium: 300.06mg (30.01%), Vitamin K: 29.17µg (27.78%), Fiber: 5.53g (22.14%), Magnesium: 71.17mg (17.79%), Potassium: 549.93mg (15.71%), Copper: 0.3mg (15.19%), Zinc: 2.03mg (13.54%), Iron: 2.42mg (13.44%), Vitamin A: 640.73IU (12.81%), Vitamin B2: 0.22mg (12.7%), Folate: 48.25µg (12.06%), Vitamin B5: 1.17mg (11.72%), Vitamin E: 1.59mg (10.62%), Vitamin B1: 0.09mg (5.92%), Vitamin C: 2.2mg (2.66%)