



Salmon, avocado & cucumber salad



Gluten Free



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



617 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet salmon skinless
- ☐ 3 avocados
- ☐ 1 cucumber
- ☐ 400 g salad leaves mixed
- ☐ 4 tbsp mint leaves chopped
- ☐ 1 lime zest grated
- ☐ 2 tsp clear honey
- ☐ 3 tbsp olive oil for the salmon plus a little extra

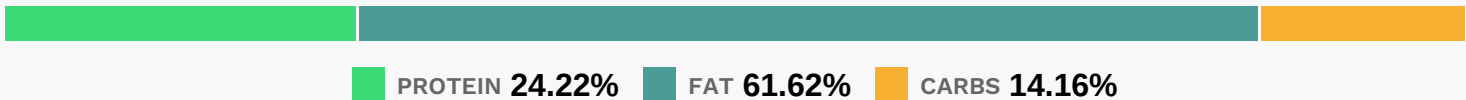
Equipment

- ☐ frying pan

Directions

- ☐ Season the salmon, then rub with oil.
- ☐ Mix the dressing ingredients together. Halve, stone, peel and slice the avocados. Halve and quarter the cucumber lengthways, then cut into slices. Divide salad, avocado and cucumber between four plates, then drizzle with half the dressing.
- ☐ Heat a non-stick pan.
- ☐ Add the salmon and fry for 3-4 mins on each side until crisp but still moist inside. Put a salmon fillet on top of each salad and drizzle over the remaining dressing.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:3.18, Inflammation Score:-9, Nutrition Score:43.329129923945%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 617.21kcal (30.86%), Fat: 43.68g (67.2%), Saturated Fat: 6.36g (39.72%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 11.35g (4.13%), Sugar: 5.19g (5.76%), Cholesterol: 93.5mg (31.17%), Sodium: 114.03mg (4.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.62g (77.25%), Vitamin B6: 1.91mg (95.32%), Selenium: 63.22µg (90.32%), Vitamin B12: 5.41µg (90.1%), Vitamin B3: 16.63mg (83.14%), Vitamin C: 46.08mg (55.85%), Vitamin B2: 0.92mg (54.1%), Folate: 215.34µg (53.84%), Potassium: 1866.25mg (53.32%), Vitamin B5: 5.27mg

(52.67%), Phosphorus: 477.46mg (47.75%), Fiber: 11.23g (44.92%), Copper: 0.83mg (41.6%), Vitamin K: 43.48µg (41.41%), Vitamin B1: 0.54mg (36.32%), Vitamin E: 4.69mg (31.28%), Vitamin A: 1554.44IU (31.09%), Magnesium: 115.37mg (28.84%), Manganese: 0.47mg (23.3%), Iron: 3.24mg (18%), Zinc: 2.43mg (16.23%), Calcium: 71.72mg (7.17%)