



## Salmon Caesar Salad

 **Gluten Free**  **Very Healthy**

READY IN



27 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup lite creamy caesar dressing divided kraft
- 1 cup seasoned croutons
- 0.3 cup parmesan cheese shredded kraft
- 8 cups tightly torn romaine lettuce packed
- 1 lb salmon fillet skinless

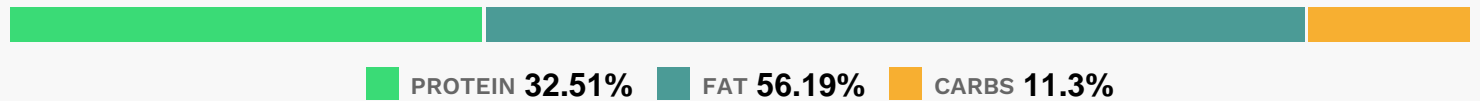
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Place fish in single layer in 8- or 9-inch square baking dish; brush with 2 Tbsp. dressing.
- Bake 15 to 17 min. or until fish flakes easily with fork.
- Toss lettuce with croutons and remaining dressing; place on 4 serving plates. Top with fish and cheese.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:30.29956522584%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

## Nutrients (% of daily need)

Calories: 338.17kcal (16.91%), Fat: 20.9g (32.15%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7g (2.54%), Sugar: 1.72g (1.91%), Cholesterol: 74.26mg (24.75%), Sodium: 446.85mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.41%), Vitamin A: 8288.23IU (165.76%), Vitamin K: 117.02µg (111.45%), Selenium: 46.3µg (66.14%), Vitamin B12: 3.69µg (61.45%), Vitamin B6: 1.01mg (50.48%), Vitamin B3: 9.64mg (48.2%), Folate: 166.92µg (41.73%), Vitamin B2: 0.54mg (31.59%), Phosphorus: 310.72mg (31.07%), Vitamin B1: 0.38mg (25.01%), Potassium: 808.56mg (23.1%), Vitamin B5: 2.1mg (20.97%), Copper: 0.34mg (17.24%), Calcium: 133.73mg (13.37%), Iron: 2.39mg (13.27%), Magnesium: 51.51mg (12.88%), Manganese: 0.21mg (10.5%), Fiber: 2.45g (9.82%), Zinc: 1.2mg (8.01%), Vitamin E: 1.06mg (7.09%), Vitamin C: 3.82mg (4.63%)