



 **64%**
HEALTH SCORE

Salmon Caesar Salad

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

READY IN



45 min.

SERVINGS



2

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons caesar dressing light
- 2 tablespoons juice of lemon freshly squeezed
- 1 tablespoon olive oil
- 0.3 teaspoon paprika
- 8 tablespoons parmesan shredded
- 2 servings pepper black to taste
- 8 oz the of 1 cos lettuce
- 6 ounces salmon fillet

- 0.3 teaspoon salt
- 1 tablespoon slivered almonds

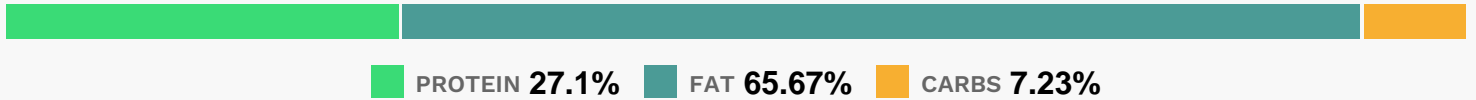
Equipment

- bowl
- frying pan

Directions

- Heat up a skillet/frying pan and sir the Salmon in the coconut oil/olive oil (don't forget to add the salt and paprika to it) until very lightly browned on each side (i like my salmon slightly undercooked-its up to you if you want it more done). Top with freshly squeezed lemon juice and let it sit in the frying pan for about 1 minute. In a Large bowl, mix the romaine lettuce with the Caesar salad dressing and dump it out into a large plate, top off with Asiago/Parmesan cheese and you can also sprinkle the toasted almonds on now.
- Place the Salmon (sliced) on top. You can sprinkle it with some more fresh lemon juice:) and black pepper!

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:30.616086956522%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Taste

Sweetness: 19.87%, Saltiness: 100%, Sourness: 40.64%, Bitterness: 22.78%, Savoriness: 56.53%, Fattiness: 79.79%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 393.21kcal (19.66%), Fat: 28.96g (44.56%), Saturated Fat: 6.62g (41.38%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2.54g (2.83%), Cholesterol: 66.11mg (22.04%), Sodium: 835.98mg (36.35%), Protein: 26.9g (53.79%), Vitamin A: 10196.82IU (203.94%), Vitamin K: 136.59µg (130.08%), Selenium: 36.47µg (52.1%), Vitamin B12: 2.95µg (49.15%), Folate: 182.52µg (45.63%), Vitamin B6: 0.82mg (41.04%), Phosphorus: 371.9mg (37.19%), Vitamin B3: 7.32mg (36.6%), Vitamin B2: 0.53mg (31.15%), Calcium: 307.1mg (30.71%), Potassium: 778.75mg (22.25%), Vitamin E: 3.27mg (21.82%), Vitamin B1: 0.3mg (19.86%), Vitamin B5: 1.73mg (17.3%), Manganese: 0.33mg (16.62%), Copper: 0.33mg (16.61%), Magnesium: 64.66mg (16.16%), Iron: 2.4mg (13.36%), Fiber: 3.24g (12.95%), Vitamin C: 10.39mg (12.59%), Zinc: 1.55mg (10.32%)