



HEALTH SCORE

100%

## Salmon & Cannellini Beans Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1652 kcal

SIDE DISH

## Ingredients

- 6 cups tightly baby spinach leaves packed
- 6 Tbsp lite balsamic vinaigrette dressing divided kraft
- 19 oz .5 can cannellini beans rinsed canned
- 2 Tbsp basil fresh chopped
- 1 plum tomatoes seeded chopped
- 2 Tbsp onions red finely chopped
- 1 lb skin-on salmon fillets

## Equipment

- grill
- aluminum foil

## Directions

- Drizzle 2 Tbsp. dressing over fish in shallow dish. Refrigerate 30 min. Meanwhile, combine beans, tomatoes, onions, basil and 2 Tbsp. of the remaining dressing.
- Heat grill to medium heat; cover grate with foil.
- Place fish, skin-sides down, on foil.
- Grill 10 to 15 min. or until fish flakes easily with fork. Toss spinach with remaining dressing; place on 4 serving plates. Top with fish and bean mixture.

## Nutrition Facts



## Properties

Glycemic Index:198, Glycemic Load:29.35, Inflammation Score:-10, Nutrition Score:84.948260929274%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 11.67mg, Kaempferol: 11.67mg, Kaempferol: 11.67mg, Kaempferol: 11.67mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

## Nutrients (% of daily need)

Calories: 1651.61kcal (82.58%), Fat: 64.25g (98.85%), Saturated Fat: 8g (50%), Carbohydrates: 131.33g (43.78%), Net Carbohydrates: 100.23g (36.45%), Sugar: 7.83g (8.7%), Cholesterol: 249.48mg (83.16%), Sodium: 1183.12mg (51.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 135.41g (270.82%), Vitamin K: 942.29µg (897.42%), Vitamin A: 18241.55IU (364.83%), Selenium: 176.12µg (251.6%), Vitamin B12: 14.42µg (240.4%), Manganese: 4.7mg (235.12%), Vitamin B6: 4.56mg (227.92%), Folate: 834.38µg (208.6%), Vitamin B3: 38.07mg (190.35%), Potassium: 5885.74mg (168.16%), Phosphorus: 1513.28mg (151.33%), Magnesium: 565.33mg (141.33%), Iron: 25.22mg (140.12%), Copper: 2.71mg (135.53%), Vitamin B2: 2.29mg (134.7%), Fiber: 31.1g (124.4%), Vitamin B1: 1.72mg (114.6%), Vitamin B5: 8.77mg (87.67%), Vitamin C: 62.82mg (76.15%), Zinc: 10.13mg (67.54%), Calcium: 667.93mg (66.79%), Vitamin E: 8.35mg (55.66%)