



Salmon Cobb Salad

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



525 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 oz arugula washed
- ☐ 2 avocados sliced
- ☐ 4 servings yogurt-basil vinaigrette
- ☐ 4 slices bacon fully cooked chopped
- ☐ 4 ounces goat cheese crumbled
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 1 cup roasted bell peppers red jarred drained chopped
- ☐ 16 oz salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 large onion sweet

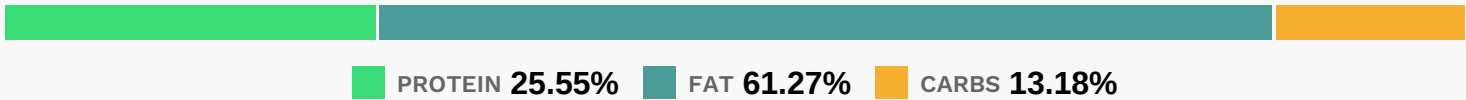
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Season salmon fillets with 3/4 tsp. salt and 1/4 tsp. pepper. Cook salmon, covered, in 1 Tbsp. hot olive oil in a large skillet over medium heat 8 to 10 minutes on each side or until done.
- ☐ Cut onion into 1/4-inch-thick slices.
- ☐ Brush with 2 tsp. olive oil, and sprinkle with 1/4 tsp. salt and 1/4 tsp. pepper.
- ☐ Heat a grill pan over medium-high heat; cook onion slices 4 to 5 minutes on each side or until lightly charred and tender.
- ☐ Arrange arugula on a serving platter; top with onions, salmon, avocados, and next 3 ingredients.
- ☐ Drizzle with Yogurt-Basil Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:36.575217692748%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin:

1.52mg Kaempferol: 13.31mg, Kaempferol: 13.31mg, Kaempferol: 13.31mg, Kaempferol: 13.31mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg

Nutrients (% of daily need)

Calories: 525.14kcal (26.26%), Fat: 36.67g (56.41%), Saturated Fat: 9.15g (57.21%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 9.22g (3.35%), Sugar: 5.8g (6.45%), Cholesterol: 83.33mg (27.78%), Sodium: 1372.58mg (59.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.81%), Vitamin B6: 1.5mg (74.94%), Vitamin K: 72.31µg (68.86%), Selenium: 47.28µg (67.54%), Vitamin B12: 3.75µg (62.45%), Vitamin B3: 12.05mg (60.27%), Vitamin B2: 0.75mg (43.95%), Vitamin C: 35.97mg (43.6%), Folate: 173.54µg (43.39%), Phosphorus: 431.76mg (43.18%), Copper: 0.82mg (40.95%), Potassium: 1378.44mg (39.38%), Vitamin B5: 3.82mg (38.2%), Fiber: 8.53g (34.12%), Vitamin A: 1617.83IU (32.36%), Vitamin B1: 0.45mg (29.82%), Magnesium: 98.51mg (24.63%), Manganese: 0.46mg (23.2%), Vitamin E: 3.14mg (20.95%), Iron: 3.2mg (17.77%), Calcium: 158.34mg (15.83%), Zinc: 2.23mg (14.87%)