



Salmon Lentil Salad

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



660 kcal

SIDE DISH

Ingredients

- ☐ 1 slice bacon black forest-style
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup cucumber diced to taste
- ☐ 1 clove garlic minced
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 0.5 cup lentils rinsed
- ☐ 5 small mozzarella balls fresh cut into quarters (bocconcini)
- ☐ 1 teaspoon mustard

- ☐ 2 tablespoons olive oil
- ☐ 0.3 onion diced red
- ☐ 1 fillet salmon
- ☐ 1 cup water or as needed to cover

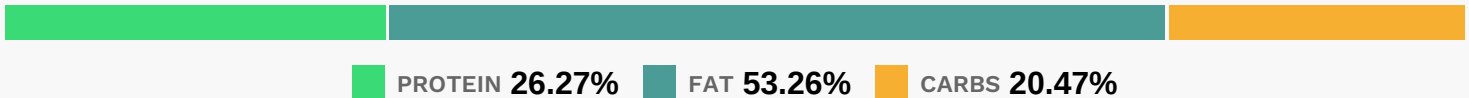
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ broiler

Directions

- ☐ Put lentils in a small pot with enough water to just cover; cook on medium heat until tender, 10 to 15 minutes. Set lentils aside to cool.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Cook salmon under the preheated broiler until the fish flakes easily with a fork, 5 to 7 minutes per side. Chop salmon and set aside to cool.
- ☐ Heat a small skillet over medium-high heat; cook bacon in skillet until crisp, 7 to 10 minutes. Chop bacon and set aside to cool.
- ☐ Mix cooled lentils, salmon, bacon, red onion, mozzarella, and cucumber together in a large bowl.
- ☐ Whisk balsamic vinegar, olive oil, garlic, mustard, salt, and pepper together in a small bowl; drizzle over the lentil mixture and stir gently to coat.

Nutrition Facts



Properties

Glycemic Index:105.3, Glycemic Load:5.34, Inflammation Score:-7, Nutrition Score:29.654347633538%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 660.36kcal (33.02%), Fat: 39.38g (60.58%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 18.89g (6.87%), Sugar: 4.23g (4.7%), Cholesterol: 79.21mg (26.4%), Sodium: 201.33mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.71g (87.41%), Folate: 256.35µg (64.09%), Fiber: 15.15g (60.62%), Selenium: 38.37µg (54.82%), Vitamin B6: 1.03mg (51.47%), Vitamin B12: 2.76µg (45.97%), Vitamin B1: 0.66mg (44.05%), Vitamin B3: 8.42mg (42.11%), Phosphorus: 417.99mg (41.8%), Manganese: 0.75mg (37.62%), Calcium: 305.83mg (30.58%), Potassium: 968.52mg (27.67%), Vitamin B2: 0.44mg (26.15%), Iron: 4.68mg (25.99%), Vitamin B5: 2.58mg (25.77%), Copper: 0.51mg (25.71%), Magnesium: 92.75mg (23.19%), Zinc: 3.08mg (20.53%), Vitamin E: 2.32mg (15.45%), Vitamin K: 12.31µg (11.72%), Vitamin C: 4.14mg (5.02%), Vitamin A: 71.49IU (1.43%)