



Salmon Niçoise Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 large head boston lettuce washed and dried



1 tablespoon dijon mustard



0.3 pound green beans cooked



2 hard-cooked eggs cut in half



0.3 cup herbs: parsley fresh chopped



0.3 teaspoon kosher salt



1 tablespoon juice of lemon fresh



1 pound new potatoes scrubbed

- ☐ 0.3 cup olive oil
- ☐ 2 ounces niçoise olives
- ☐ 2 small salmon fillet flaked cooked

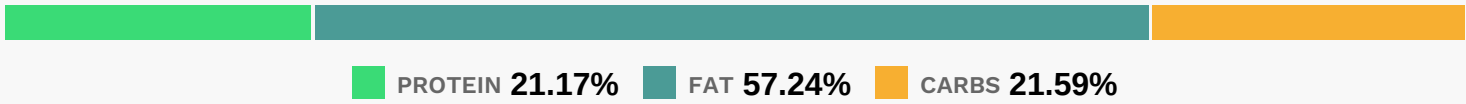
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Place the potatoes in a large saucepan of water and bring to a boil. Reduce heat, cover, and simmer until fork-tender, about 15 minutes. Meanwhile, whisk together the chopped herbs, mustard, lemon juice, salt, and olive oil in a medium bowl. Set aside.
- ☐ Remove the potatoes from the pot and cut them in half when they are cool enough to handle. Arrange the lettuce, potatoes, and green beans on 4 plates. Top each with the salmon, eggs, and olives.
- ☐ Drizzle with the dressing and serve. Tip: To make perfect hard-cooked eggs (soft whites, no rubbery texture, and no green rings around the yolks) place the eggs in a pot of cold water, then bring it to a boil. Turn off the heat and let the eggs sit in the water, covered, for 15 minutes.
- ☐ Drain, then plunge the eggs into cold water. Peeling the eggs under cold running water makes the shells easier to remove.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:15.12, Inflammation Score:-9, Nutrition Score:30.298695336217%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 445.44kcal (22.27%), Fat: 28.64g (44.06%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 19.78g (7.19%), Sugar: 2.74g (3.04%), Cholesterol: 140mg (46.67%), Sodium: 489.86mg (21.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.67%), Vitamin K: 149.2µg (142.09%), Selenium: 40.89µg (58.42%), Vitamin B6: 1.15mg (57.33%), Vitamin B12: 2.98µg (49.67%), Vitamin A: 2191.31IU (43.83%), Vitamin C: 35.42mg (42.94%), Vitamin B3: 8.37mg (41.85%), Vitamin B2: 0.55mg (32.42%), Potassium: 1125.56mg (32.16%), Phosphorus: 309.67mg (30.97%), Folate: 98.53µg (24.63%), Vitamin E: 3.65mg (24.31%), Vitamin B1: 0.36mg (24.07%), Vitamin B5: 2.26mg (22.64%), Copper: 0.39mg (19.61%), Fiber: 4.51g (18.05%), Magnesium: 71.7mg (17.93%), Iron: 3.2mg (17.8%), Manganese: 0.35mg (17.61%), Zinc: 1.37mg (9.14%), Calcium: 78.19mg (7.82%), Vitamin D: 0.55µg (3.67%)