



Salmon Noodle Bowl

 Dairy Free  Very Healthy

READY IN



28 min.

SERVINGS



2

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces asparagus cut in thirds
- ☐ 0.5 small avocado cut into bite-size pieces
- ☐ 4 ounces cucumber cut into medium pieces
- ☐ 12 juice of lime (3 TBSP juice)
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper fresh
- ☐ 6 oz salmon fillet cut into 8 pieces
- ☐ 1 tablespoon sesame oil toasted

☐ 4 ounces spaghetti whole-wheat

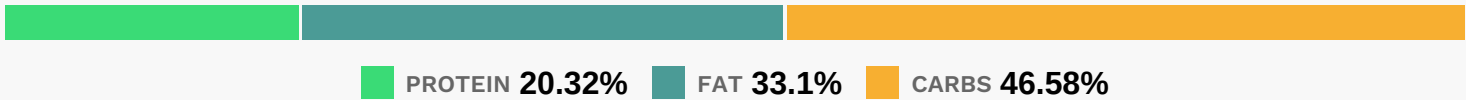
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Cook the noodles in boiling water until soft (about 6 minutes for soba, 8 for spaghetti).
- ☐ Transfer with tongs to a strainer.
- ☐ Add asparagus to same boiling water. Cook until al dente (about 2 minutes); rinse under cold water.
- ☐ Heat a grill pan or skillet over medium-high heat. Coat lightly with cooking spray. Cook the salmon until cooked through, turning pieces (about 2-3 minutes per side). Reserve.
- ☐ Whisk together sesame oil, lime zest and juice, and salt and pepper in a small bowl.
- ☐ Combine the noodles, asparagus, and vinaigrette in a medium serving bowl.
- ☐ Add the cucumber and avocado; toss to coat. Just before serving, add salmon.
- ☐ Serve warm or at room temperature, or make up to 4 hours ahead and keep refrigerated in an airtight container.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:39.001738921456%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 526.97kcal (26.35%), Fat: 20.88g (32.13%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 60.08g (21.85%), Sugar: 5.49g (6.1%), Cholesterol: 46.78mg (15.59%), Sodium: 342.36mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.7%), Selenium: 74.51µg (106.45%), Manganese: 2.04mg (101.78%), Vitamin C: 64.81mg (78.56%), Vitamin B3: 11.44mg (57.2%), Vitamin B6: 1.11mg (55.69%), Vitamin B12: 2.7µg (45.08%), Vitamin B1: 0.67mg (44.45%), Vitamin K: 46.56µg (44.34%), Phosphorus: 416.87mg (41.69%), Copper: 0.79mg (39.59%), Folate: 157.12µg (39.28%), Magnesium: 151.88mg (37.97%), Vitamin B2: 0.61mg (35.95%), Potassium: 1216.61mg (34.76%), Vitamin B5: 3.23mg (32.26%), Iron: 4.85mg (26.92%), Fiber: 6.04g (24.14%), Zinc: 2.84mg (18.91%), Vitamin E: 2.35mg (15.7%), Vitamin A: 775.38IU (15.51%), Calcium: 90.35mg (9.04%)