



Salmon, Red Quinoa, and Arugula Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arugula
- ☐ 0.5 cup garbanzo beans canned rinsed drained
- ☐ 1 teaspoon ground pepper
- ☐ 0.5 cup cilantro leaves
- ☐ 0.3 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 4 tablespoons harissa whole (available at Foods Market)

- ☐ 2 juice of lemon
- ☐ 1.5 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup quinoa red
- ☐ 12 ounces salmon fillet skinless
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 3 sprigs thyme leaves
- ☐ 1 teaspoon turmeric
- ☐ 1 onion white sliced
- ☐ 1 cup wine

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot, boil wine and 4 cups water.
- ☐ Add salmon, onion and thyme. Reduce heat to simmer; poach salmon until cooked through, about 7 minutes.
- ☐ Remove salmon; cool. In another large pot, boil 4 cups water.
- ☐ Add quinoa and cook until tender, about 11 minutes; drain.
- ☐ In a bowl, mix quinoa, chickpeas, raisins and spices; cool.
- ☐ Toss quinoa–chickpea mixture with arugula. Dress salad with lemon juice and oil. Season with salt and freshly ground black pepper.
- ☐ Divide salad and poached salmon among 4 plates. Top each salmon fillet with 1 tablespoon harissa.
- ☐ Garnish with cilantro and almonds.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:5.67, Inflammation Score:-10, Nutrition Score:25.899565240611%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 408.64kcal (20.43%), Fat: 15.38g (23.67%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 29.64g (10.78%), Sugar: 10.06g (11.18%), Cholesterol: 46.78mg (15.59%), Sodium: 307.22mg (13.36%), Alcohol: 6.18g (100%), Alcohol %: 2.81% (100%), Protein: 23.64g (47.29%), Manganese: 1.08mg (53.88%), Vitamin B6: 1.07mg (53.7%), Selenium: 34.09µg (48.7%), Vitamin B12: 2.7µg (45.08%), Vitamin B3: 7.88mg (39.42%), Phosphorus: 360mg (36%), Vitamin B2: 0.53mg (30.97%), Magnesium: 111.35mg (27.84%), Potassium: 920.98mg (26.31%), Copper: 0.52mg (25.98%), Folate: 90.46µg (22.62%), Vitamin B1: 0.33mg (22.16%), Vitamin E: 3.31mg (22.09%), Vitamin K: 22.76µg (21.68%), Fiber: 5.3g (21.22%), Iron: 3.67mg (20.39%), Vitamin A: 1013.61IU (20.27%), Vitamin B5: 1.83mg (18.3%), Vitamin C: 14.36mg (17.41%), Zinc: 1.84mg (12.26%), Calcium: 94.14mg (9.41%)