



 **97%**
HEALTH SCORE

Salmon Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons capers drained
- 1 cup small-diced celery (3 stalks)
- 2 tablespoons optional: dill fresh minced
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil good
- 0.5 cup small-diced onion red (1 small onion)
- 2 tablespoons raspberry vinegar

2 pounds salmon chilled cooked

Equipment

bowl

Directions

Break the salmon into very large flakes, removing any skin and bones, and place the salmon in a bowl.

Add the celery, red onion, dill, capers, raspberry vinegar, olive oil, salt, and pepper. Season, to taste.

Mix well and serve cold or at room temperature.

Nutrition Facts



PROTEIN 46.96% **FAT 49.88%** **CARBS 3.16%**

Properties

Glycemic Index:36.5, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:31.453477983889%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 398.67kcal (19.93%), Fat: 21.49g (33.06%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.23g (1.37%), Cholesterol: 124.74mg (41.58%), Sodium: 522.92mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.52g (91.04%), Vitamin B12: 7.21µg (120.2%), Selenium: 83.05µg (118.64%), Vitamin B6: 1.9mg (94.99%), Vitamin B3: 17.96mg (89.81%), Vitamin B2: 0.89mg (52.25%), Phosphorus: 466.98mg (46.7%), Vitamin B5: 3.87mg (38.66%), Vitamin B1: 0.53mg (35.21%), Potassium: 1218.15mg (34.8%), Copper: 0.6mg (30.15%), Magnesium: 72.79mg (18.2%), Folate: 70.85µg (17.71%), Vitamin K: 13.09µg (12.46%), Iron: 2.07mg (11.49%), Zinc: 1.54mg (10.26%), Vitamin E: 1.12mg (7.45%), Manganese: 0.15mg (7.25%), Calcium: 45.81mg (4.58%), Vitamin A: 226.81IU (4.54%), Fiber: 0.94g (3.76%), Vitamin C: 2.6mg (3.16%)