



Salmon Salad

READY IN



15 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cucumber diced peeled seeded
- ☐ 2 hardboiled eggs crushed
- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 cup onions chopped
- ☐ 1 bell pepper diced green red
- ☐ 2 cups salmon flaked cooked
- ☐ 4 servings salt and pepper
- ☐ 4 tablespoons enough to moisten

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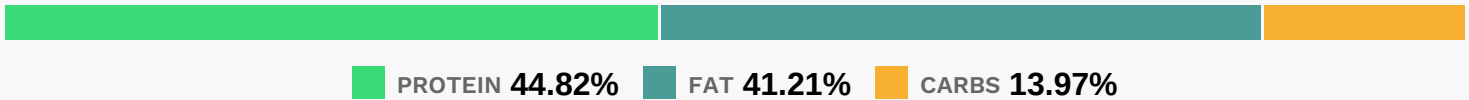
Equipment

☐ bowl

Directions

- ☐ In a large bowl, gently toss together the salmon and crushed hard-boiled eggs. In another bowl, combine bell pepper, cucumber, onion, and mayonnaise.
- ☐ Add seasonings and stir to combine.
- ☐ Pour mixture over salmon, add lemon juice, and toss lightly to combine.
- ☐ Serve over lettuce or as a sandwich.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:15.82652162469%

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 Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 159.48kcal (7.97%), Fat: 7.18g (11.05%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.98g (3.32%), Cholesterol: 130.65mg (43.55%), Sodium: 257.98mg (11.22%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.58g (35.17%), Selenium: 32.71µg (46.73%), Vitamin B12: 2.44µg (40.66%), Vitamin B6: 0.72mg (36.01%), Vitamin C: 29.35mg (35.57%), Vitamin B3: 5.57mg (27.84%), Vitamin B2: 0.42mg (24.76%), Phosphorus: 207.17mg (20.72%), Vitamin B5: 1.72mg (17.2%), Potassium: 554.38mg (15.84%), Vitamin B1: 0.22mg (14.73%), Copper: 0.26mg (12.76%), Folate: 46.16µg (11.54%), Magnesium: 36.62mg (9.15%), Vitamin A: 373.91IU (7.48%), Vitamin K: 7.86µg (7.48%), Manganese: 0.14mg (6.88%), Iron: 1.16mg (6.47%), Zinc: 0.9mg (6.02%), Fiber: 1.42g (5.66%), Calcium: 39.26mg (3.93%), Vitamin D: 0.55µg (3.67%), Vitamin E: 0.44mg (2.91%)