



Salmon Salad with Fennel, Orange, and Mint



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups fennel bulb very thinly sliced (from 2 medium bulbs)
- ☐ 1 cup mint leaves fresh
- ☐ 2 navel oranges
- ☐ 2 tablespoons olive oil
- ☐ 1 pound salmon fillet with skin
- ☐ 0.3 cup sugar
- ☐ 0.3 cup rice vinegar
- ☐ 4 cups water cold

☐ 2 star anise whole

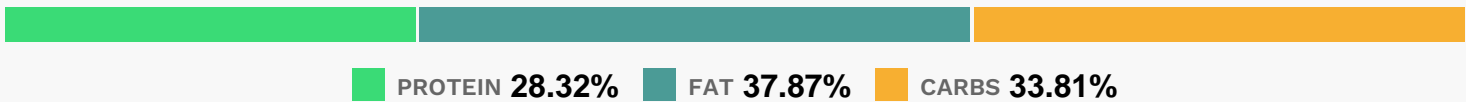
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Place sugar, vinegar, star anise, and 4 cups cold water in large deep skillet. Season with salt and pepper. Bring to boil over high heat, stirring until sugar dissolves.
- ☐ Add salmon fillet, skin side up, to skillet. Cover skillet and remove from heat.
- ☐ Let stand 10 minutes. Using slotted spoon, turn salmon over; cover and let stand until salmon is just opaque in center, 5 to 6 minutes longer.
- ☐ Remove salmon from liquid and cool. Coarsely flake salmon into medium bowl, removing bones and skin; set aside.
- ☐ Cut top and bottom 1/4 inch off each orange. Stand 1 orange on 1 flat end. Using small sharp knife, cut off peel and white pith. Working over large bowl, cut between membranes, releasing segments into bowl. Repeat with remaining orange.
- ☐ Add salmon, fennel, mint, and olive oil. Gently toss to combine. Season with salt and pepper.
- ☐ * Star-shaped seedpods; sold in the spice section of some supermarkets and at specialty foods stores and Asian markets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:10.38, Inflammation Score:-8, Nutrition Score:27.983912944794%

Flavonoids

Eriodictyol: 4.42mg, Eriodictyol: 4.42mg, Eriodictyol: 4.42mg, Eriodictyol: 4.42mg Hesperetin: 16.45mg, Hesperetin: 16.45mg, Hesperetin: 16.45mg, Hesperetin: 16.45mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 344.73kcal (17.24%), Fat: 14.69g (22.61%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 24.3g (8.84%), Sugar: 21.85g (24.28%), Cholesterol: 62.37mg (20.79%), Sodium: 111.82mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.45%), Vitamin C: 55.49mg (67.26%), Selenium: 42.18µg (60.26%), Vitamin B12: 3.61µg (60.1%), Vitamin K: 58.85µg (56.05%), Vitamin B6: 1.04mg (52.08%), Vitamin B3: 9.97mg (49.87%), Potassium: 1103.89mg (31.54%), Vitamin B2: 0.53mg (31.07%), Phosphorus: 297.45mg (29.74%), Vitamin B5: 2.31mg (23.13%), Copper: 0.45mg (22.47%), Folate: 88.51µg (22.13%), Vitamin B1: 0.32mg (21.57%), Fiber: 5.21g (20.84%), Manganese: 0.36mg (17.88%), Magnesium: 67.75mg (16.94%), Vitamin A: 814.29IU (16.29%), Iron: 2.44mg (13.55%), Calcium: 125.15mg (12.52%), Vitamin E: 1.62mg (10.78%), Zinc: 1.13mg (7.56%)