



HEALTH SCORE

51%

Salmon Salad With Vinaigrette



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 tablespoons dijon mustard
- ☐ 1 pound green beans trimmed
- ☐ 2 large hard-cooked eggs sliced
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 4 cups salad greens mixed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup red wine vinegar

- ☐ 12 ounce salmon fillet
- ☐ 1 tablespoon shallots minced
- ☐ 0.3 cup vidalia sweet vertically sliced

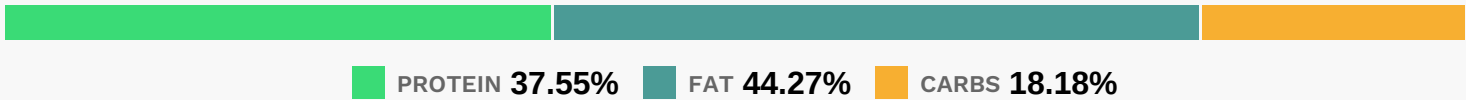
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high.
- ☐ Place beans in large pan of boiling water; cook 2 minutes.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Combine vinegar, mustard, oil, shallots, 1/8 teaspoon salt, and 1/8 teaspoon pepper in small bowl, stirring well with whisk; set aside.
- ☐ Using a mister, spray both sides of each fillet with olive oil; sprinkle with 1/8 teaspoon salt and 1/8 tea-spoon pepper.
- ☐ Place fish, skin side up, on grill rack; cook 8 minutes or until fish flakes easily when tested with fork, turning after 4 minutes.
- ☐ Arrange 1 cup greens in each of 4 bowls; top with onion, egg slices, and beans. Top with salmon; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:24.527391309324%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 244.74kcal (12.24%), Fat: 12.09g (18.6%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 7.58g (2.76%), Sugar: 4.78g (5.31%), Cholesterol: 140.03mg (46.68%), Sodium: 315.86mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.15%), Selenium: 42.22µg (60.31%), Vitamin B12: 2.98µg (49.7%), Vitamin K: 51.31µg (48.87%), Vitamin B6: 0.94mg (47.25%), Vitamin B3: 7.82mg (39.07%), Vitamin B2: 0.6mg (35.12%), Vitamin C: 23.9mg (28.97%), Phosphorus: 285.48mg (28.55%), Vitamin A: 1407.07IU (28.14%), Potassium: 795.36mg (22.72%), Vitamin B1: 0.33mg (22.24%), Folate: 88.18µg (22.04%), Vitamin B5: 2.11mg (21.09%), Manganese: 0.39mg (19.66%), Copper: 0.33mg (16.54%), Magnesium: 65.75mg (16.44%), Iron: 2.67mg (14.85%), Fiber: 3.59g (14.34%), Vitamin E: 1.26mg (8.38%), Zinc: 1.24mg (8.27%), Calcium: 79.09mg (7.91%), Vitamin D: 0.55µg (3.67%)