



Salmon with avocado & grapefruit



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ruby grapefruit red ripe (looks pretty)
- ☐ 4 servings juice of lemon
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 2 large avocado ripe
- ☐ 2 bunches watercress
- ☐ 1 tbsp olive oil for the salmon
- ☐ 5 oz salmon fillet

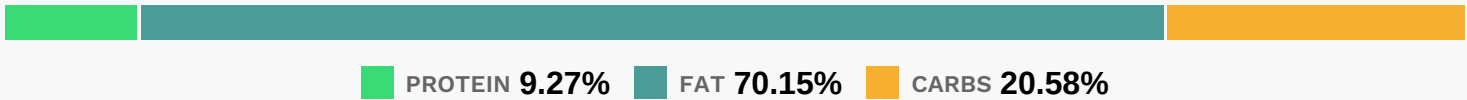
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Hold the grapefruit over a bowl to catch the juices, and peel it to remove all the white pith.
- ☐ Cut the grapefruit between the membranes into segments. If necessary, add lemon juice to the grapefruit juices to make it up to 2 tbsp.
- ☐ Whisk in the extra virgin olive oil, then season with sea salt and pepper. Toss in the grapefruit segments.
- ☐ Cut each avocado in half lengthways, remove the stones and peel.
- ☐ Cut the flesh into wedges the size of the grapefruit segments, dropping them directly into the dressing with the grapefruit. Toss lightly, cover and chill for 10 minutes or so.
- ☐ Cut off and discard the stems of the watercress, wash the leaves well and shake dry.
- ☐ Lightly oil the salmon, and cook in a non-stick frying pan on a highish heat, skinned-side down first, then turn and cook lightly on the other side, until golden outside and still a little soft and pink in the middle (about 2-3 minutes each side).
- ☐ Make a nest of watercress on each plate, put the salmon to the side, and use a slotted spoon to arrange the avocado and grapefruit on top.
- ☐ Whisk the dressing, then drizzle it around the salmon and over the watercress.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:3.57, Inflammation Score:-9, Nutrition Score:22.508261120838%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.73mg, Eriodictyol:

0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg Naringenin: 40.35mg, Naringenin: 40.35mg, Naringenin: 40.35mg, Naringenin: 40.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 422.16kcal (21.11%), Fat: 34.74g (53.45%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 14.12g (5.13%), Sugar: 9.54g (10.6%), Cholesterol: 19.49mg (6.5%), Sodium: 28.25mg (1.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Vitamin C: 59.61mg (72.25%), Vitamin K: 62.89µg (59.9%), Vitamin A: 1975.18IU (39.5%), Fiber: 8.81g (35.24%), Vitamin E: 4.91mg (32.72%), Vitamin B6: 0.64mg (31.82%), Folate: 110.38µg (27.59%), Potassium: 883.99mg (25.26%), Vitamin B3: 4.82mg (24.12%), Vitamin B5: 2.37mg (23.66%), Selenium: 13.59µg (19.41%), Vitamin B2: 0.32mg (18.86%), Vitamin B12: 1.13µg (18.78%), Copper: 0.33mg (16.55%), Phosphorus: 153.97mg (15.4%), Vitamin B1: 0.22mg (14.34%), Magnesium: 54.02mg (13.5%), Manganese: 0.21mg (10.39%), Zinc: 0.98mg (6.52%), Iron: 1.07mg (5.94%), Calcium: 59.45mg (5.94%)