



 **75%**
HEALTH SCORE

Salmon with Spinach Salad and Miso Vinaigrette

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

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounce baby spinach fresh
- 8 teaspoons canola oil divided
- 1 teaspoon sesame oil dark
- 1.5 cups cucumber english shaved
- 2 teaspoons ginger fresh minced peeled
- 0.3 teaspoon kosher salt
- 1 tablespoon rice vinegar

- 24 ounce salmon fillet ()
- 1 teaspoon sesame seed toasted
- 1 teaspoon sugar
- 1 tablespoon miso white (soybean paste)

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add 2 teaspoons canola oil; swirl to coat.
- Sprinkle fish with salt.
- Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.
- Remove fish from pan; keep warm.
- Combine remaining 2 tablespoons canola oil, miso, and next 4 ingredients (through sesame oil) in a large bowl; stir with a whisk.
- Add cucumber and spinach to bowl; toss well. Arrange 1 fillet and 2 cups salad on each of 4 plates.
- Sprinkle each serving with 1/4 teaspoon sesame seeds.

Nutrition Facts



Properties

Glycemic Index:65.77, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:40.449130265609%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin:

0.22mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 358.27kcal (17.91%), Fat: 20.59g (31.68%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.2g (1.53%), Sugar: 2.2g (2.45%), Cholesterol: 93.55mg (31.18%), Sodium: 430.16mg (18.7%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 36.48g (72.95%), Vitamin K: 321.57µg (306.26%), Vitamin A: 6093.98IU (121.88%), Selenium: 63.34µg (90.49%), Vitamin B12: 5.41µg (90.21%), Vitamin B6: 1.55mg (77.27%), Vitamin B3: 13.94mg (69.69%), Vitamin B2: 0.79mg (46.56%), Folate: 170.4µg (42.6%), Phosphorus: 391.21mg (39.12%), Potassium: 1262.28mg (36.07%), Manganese: 0.68mg (34.2%), Vitamin B1: 0.45mg (30.2%), Vitamin B5: 2.99mg (29.89%), Copper: 0.57mg (28.25%), Magnesium: 109.06mg (27.26%), Vitamin C: 19.07mg (23.11%), Iron: 3.39mg (18.81%), Vitamin E: 2.72mg (18.17%), Zinc: 1.66mg (11.04%), Calcium: 97.6mg (9.76%), Fiber: 1.91g (7.63%)