



Salmon with warm chickpea, pepper & spinach salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bell pepper red deseeded quartered
- ☐ 0.5 lemon zest
- ☐ 1 pinch paprika smoked sweet (we used paprika)
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 100 g pkt spinach
- ☐ 10 oz salmon fillet skinless
- ☐ 400 g garbanzo beans canned

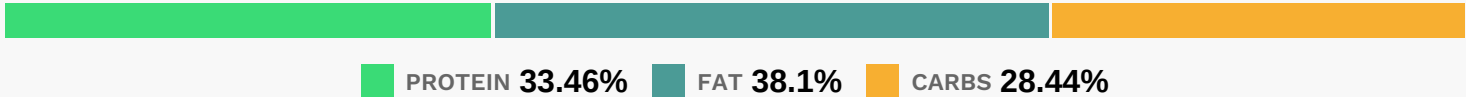
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat the grill. Squash the pepper quarters flat and grill for 5 mins or until well blackened. Leave the grill on, then transfer the peppers to a bowl, cover with cling film and leave to cool slightly before peeling off the skins and cutting the flesh into strips.
- ☐ Make the dressing by whisking together the lemon zest, juice, smoked paprika, olive oil and seasoning. Toss half the dressing with the spinach leaves and divide between 2 bowls.
- ☐ Season the salmon and grill for 5 mins or until just cooked through. Meanwhile, heat the chickpeas in their canning liquid in a saucepan for 3–4 mins.
- ☐ Drain well, then mix with the remaining dressing and strips of pepper. Spoon over the spinach and top with the salmon to serve.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:8.61, Inflammation Score:-10, Nutrition Score:51.300434651582%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 474.1kcal (23.7%), Fat: 20.4g (31.38%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 22.29g (8.11%), Sugar: 3.77g (4.19%), Cholesterol: 77.96mg (25.99%), Sodium: 661.72mg (28.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.3g (80.6%), Vitamin K: 250.13µg (238.22%), Vitamin A:

7589.64IU (151.79%), Vitamin C: 121.15mg (146.85%), Vitamin B6: 2.45mg (122.75%), Manganese: 2.21mg (110.35%), Selenium: 56.36µg (80.52%), Vitamin B12: 4.51µg (75.13%), Vitamin B3: 12.62mg (63.11%), Folate: 220.6µg (55.15%), Phosphorus: 491.07mg (49.11%), Fiber: 11.96g (47.82%), Vitamin B2: 0.74mg (43.54%), Potassium: 1448.45mg (41.38%), Copper: 0.74mg (37.21%), Magnesium: 145.56mg (36.39%), Vitamin B5: 3.27mg (32.66%), Vitamin B1: 0.47mg (31.35%), Iron: 5.46mg (30.32%), Vitamin E: 3.47mg (23.12%), Zinc: 2.78mg (18.55%), Calcium: 145.47mg (14.55%)