



HEALTH SCORE

53%

Scandinavian Salmon Salad

READY IN



45 min.

SERVINGS



2

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings bibb lettuce leaves
- ☐ 1 teaspoon dijon mustard
- ☐ 2 servings garnish: dill sprigs fresh
- ☐ 2 green onions chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup shell macaroni cooked
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 ounce salmon fillet

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons or dried fresh minced

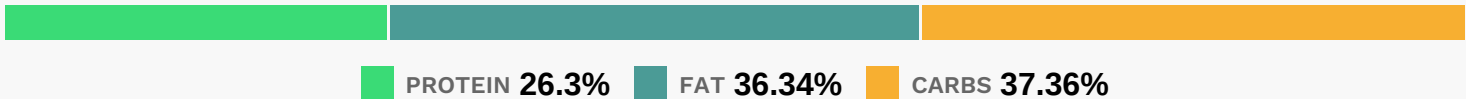
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Place salmon, skin side down, on a rack in a broiler pan.
- ☐ Broil 5 inches from heat (with electric oven door partially open) 12 minutes or until fish flakes easily with a fork. Cool and flake fish.
- ☐ Stir together sour cream and next 6 ingredients in a large bowl. Toss with salmon, macaroni, and green onions. Cover and chill 2 hours.
- ☐ Serve on lettuce leaves, and garnish, if desired.
- ☐ *1 (6-ounce) can skinless, boneless salmon, drained and flaked, may be substituted. Omit broiling.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:26.80608686416%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 489.01kcal (24.45%), Fat: 19.64g (30.21%), Saturated Fat: 7.23g (45.17%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 42.84g (15.58%), Sugar: 4.18g (4.64%), Cholesterol: 97.19mg (32.4%), Sodium: 254.93mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.96%), Selenium: 77.79µg (111.12%), Vitamin B12: 3.77µg (62.79%), Vitamin B6: 1.09mg (54.73%), Vitamin B3: 10.04mg (50.2%), Phosphorus: 401.92mg (40.19%), Vitamin B2: 0.59mg (34.78%), Manganese: 0.69mg (34.51%), Vitamin K: 27.25µg (25.95%), Potassium: 903.58mg (25.82%), Copper: 0.48mg (23.83%), Vitamin B5: 2.36mg (23.63%), Vitamin B1: 0.35mg (23.01%), Magnesium: 85.41mg (21.35%), Iron: 3.36mg (18.66%), Calcium: 157.72mg (15.77%), Vitamin A: 755.15IU (15.1%), Folate: 51.03µg (12.76%), Zinc: 1.86mg (12.38%), Fiber: 2.6g (10.4%), Vitamin C: 6.34mg (7.69%), Vitamin E: 0.37mg (2.44%)