



## Sizzling Salmon-and-Spinach Salad with Soy Vinaigrette

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 cups baby spinach
- 1 cup bell pepper red
- 1 teaspoon bottled garlic minced
- 0.5 teaspoon pepper with garlic or 1/4 teaspoon crushed red pepper
- 1 teaspoon sesame oil dark
- 2 teaspoons sesame oil dark divided
- 1 cup bean sprouts fresh

- 1 cup ears corn fresh thawed
- 1 cup spring onion sliced (1-inch)
- 3 tablespoons spring onion thinly sliced
- 3 tablespoons soy sauce low-sodium
- 3 tablespoons rice vinegar
- 24 ounce salmon fillet ( )
- 1 teaspoon sesame seed toasted
- 8 ounces mushroom caps thinly sliced
- 1 tablespoon water

## Equipment

- bowl
- frying pan
- baking sheet
- whisk
- aluminum foil
- broiler

## Directions

- Preheat broiler.
- To prepare dressing, combine first 8 ingredients in a small bowl, and stir well with a whisk.
- To prepare salad, heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add mushrooms and 1 cup onions; saut 8 minutes. Stir in corn; remove from heat.
- Place the fish on a foil-lined baking sheet; brush evenly with 1 teaspoon oil. Broil 8 minutes or until fish flakes easily when tested with a fork.
- Place 2 cups spinach on each of 4 plates; top each serving with 1/4 cup bean sprouts, 1/4 cup red bell pepper, 1/2 cup mushroom mixture, and 1 fillet.
- Drizzle about 2 tablespoons dressing over each salad.

## Nutrition Facts

PROTEIN 42.84% FAT 36.12% CARBS 21.04%

## Properties

Glycemic Index:68.75, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:51.252608620602%

## Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

## Nutrients (% of daily need)

Calories: 373.67kcal (18.68%), Fat: 15.33g (23.58%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 14.36g (5.22%), Sugar: 7.29g (8.1%), Cholesterol: 93.55mg (31.18%), Sodium: 577.35mg (25.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.91g (81.81%), Vitamin K: 362.07µg (344.83%), Vitamin A: 7302.18IU (146.04%), Selenium: 67.03µg (95.75%), Vitamin B6: 1.9mg (95.07%), Vitamin C: 76.37mg (92.58%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 17.56mg (87.78%), Vitamin B2: 1.02mg (60.24%), Folate: 239.27µg (59.82%), Phosphorus: 526.21mg (52.62%), Manganese: 0.99mg (49.38%), Potassium: 1691.98mg (48.34%), Vitamin B5: 4.27mg (42.67%), Vitamin B1: 0.57mg (37.73%), Magnesium: 148.19mg (37.05%), Copper: 0.71mg (35.53%), Iron: 4.54mg (25.24%), Fiber: 5.74g (22.94%), Zinc: 2.63mg (17.55%), Vitamin E: 2.21mg (14.73%), Calcium: 121.29mg (12.13%), Vitamin D: 0.23µg (1.51%)