



 **75%**
HEALTH SCORE

Smoked Trout and Veggie Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 1 cup flat parsley chopped
- 0.3 teaspoon kosher salt plus more to taste
- 2 tablespoons juice of lemon fresh divided
- 0.5 teaspoon lemon zest shredded finely
- 7 tablespoons olive oil
- 8 ounces trout smoked
- 0.5 pound baby squash yellow very thinly sliced

- 3 medium tomatoes yellow cut into wedges
- 0.8 pound yukon gold potatoes cooked cut into 1/4-in.-thick slices

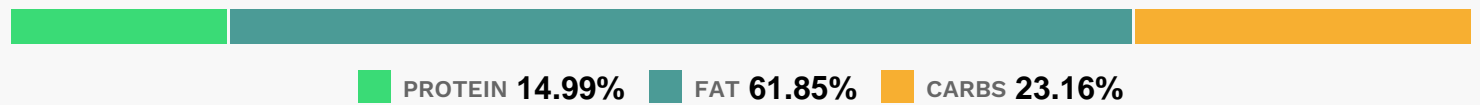
Equipment

- bowl
- blender

Directions

- In a blender, whirl parsley, olive oil, 2 tbsp. lemon juice, zest, and 1/4 tsp. salt.
- In separate bowls, gently toss potatoes and squash with some dressing, and tomato wedges with 1 tsp. lemon juice, adding salt and freshly ground black pepper to taste.
- On 4 plates, evenly divide veggies and trout.
- Add more dressing to taste.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:11.03, Inflammation Score:-10, Nutrition Score:25.738260932591%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 390.52kcal (19.53%), Fat: 27.4g (42.16%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 19.5g (7.09%), Sugar: 2.24g (2.49%), Cholesterol: 60.1mg (20.03%), Sodium: 203.84mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.89%), Vitamin K: 263.15µg (250.62%), Vitamin A: 7358.74IU (147.17%), Vitamin C: 51.9mg (62.91%), Selenium: 27.11µg (38.72%), Vitamin B12: 1.96µg (32.7%), Vitamin B6: 0.62mg (30.91%), Vitamin E: 4.48mg (29.86%), Phosphorus: 258.95mg (25.9%), Potassium: 900.17mg (25.72%), Magnesium: 69.77mg (17.44%), Vitamin B3: 3.45mg (17.24%), Manganese: 0.29mg (14.72%), Fiber: 3.58g

(14.32%), Folate: 56.89µg (14.22%), Iron: 2.35mg (13.05%), Vitamin B1: 0.18mg (11.94%), Vitamin B5: 1.04mg (10.42%),
Vitamin B2: 0.17mg (10.15%), Copper: 0.18mg (9.01%), Calcium: 72.24mg (7.22%), Zinc: 0.83mg (5.53%)