



Southwest Salmon Caesar



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 fillet anchovy canned drained chopped
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 tablespoons buttermilk fat-free
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 cup corn kernels fresh
- ☐ 1 cup garlic-flavored croutons
- ☐ 2 garlic cloves minced

- ☐ 1 Dash ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 8 cups torn romaine lettuce
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

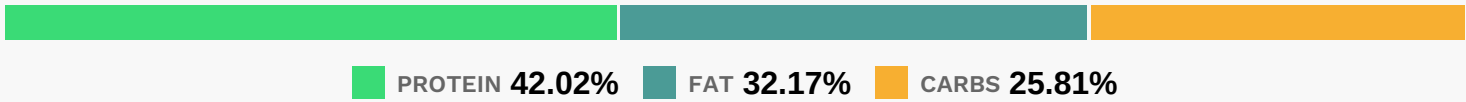
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ To prepare dressing, combine first 9 ingredients in a mini chopper or blender; pulse until well blended. Cover and chill 1 hour.
- ☐ To prepare salad, combine salt, paprikas, and red pepper; sprinkle evenly over top of fish.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add fish, spiced side down, to pan; cook 4 minutes or until browned. Carefully turn fish over, and cook for 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Combine lettuce, corn, and croutons in a large bowl.
- ☐ Drizzle dressing over lettuce mixture; toss gently to coat. Arrange 2 cups salad on each of 4 plates; top each serving with 1 fillet.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:43.999999866537%

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 Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 389.51kcal (19.48%), Fat: 14.12g (21.72%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 21.47g (7.81%), Sugar: 5.91g (6.57%), Cholesterol: 100.25mg (33.42%), Sodium: 644.51mg (28.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.48g (82.97%), Vitamin A: 8640.91IU (172.82%), Selenium: 69.97µg (99.95%), Vitamin B6: 1.96mg (97.91%), Vitamin K: 101.65µg (96.81%), Vitamin B12: 5.5µg (91.64%), Vitamin B3: 14.74mg (73.69%), Phosphorus: 509.45mg (50.95%), Vitamin B2: 0.8mg (47.3%), Folate: 189.07µg (47.27%), Manganese: 0.88mg (43.76%), Vitamin B1: 0.59mg (39.16%), Potassium: 1346.15mg (38.46%), Vitamin B5: 3.5mg (35%), Copper: 0.61mg (30.62%), Vitamin C: 20.32mg (24.63%), Magnesium: 90.68mg (22.67%), Calcium: 206.74mg (20.67%), Iron: 3.31mg (18.41%), Fiber: 4.01g (16.05%), Zinc: 2.13mg (14.21%), Vitamin E: 0.38mg (2.55%)