



Spring Salmon and Vegetable Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound asparagus fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup edamame fresh shelled thawed uncooked
- ☐ 0.3 cup radishes sliced
- ☐ 6 cups romaine lettuce hearts chopped
- ☐ 1.3 pounds salmon fillet skinless cut into 2-inch chunks
- ☐ 6 servings creamy herb dressing
- ☐ 1 cup sugar snap peas

☐ 0.5 teaspoon salt

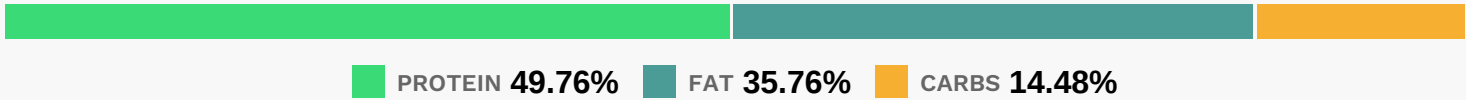
Equipment

- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler with oven rack 6 inches from heat. Snap off tough ends of asparagus.
- ☐ Cut asparagus into 1-inch-long pieces, and cook with sugar snap peas in boiling salted water 2 to 3 minutes or until crisp-tender; drain. Plunge into ice water; drain.
- ☐ Sprinkle salmon with salt and pepper; broil on a lightly greased rack in a broiler pan 3 to 4 minutes or to desired degree of doneness.
- ☐ Arrange lettuce, edamame, radishes, asparagus mixture, and salmon on a serving plate.
- ☐ Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:25.310869351677%

Flavonoids

Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 176.62kcal (8.83%), Fat: 6.97g (10.73%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.56g (2.84%), Cholesterol: 52.38mg (17.46%), Sodium: 250.94mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.66%), Vitamin A: 4596.23IU (91.92%), Vitamin K: 68.84µg (65.56%), Selenium: 35.75µg (51.06%), Vitamin B12: 3.01µg (50.1%), Vitamin B6: 0.87mg (43.6%), Vitamin B3: 8.06mg (40.28%), Folate: 115.32µg (28.83%), Vitamin B2: 0.46mg (27.03%), Phosphorus: 232.93mg (23.29%),

Vitamin B1: 0.33mg (21.8%), Potassium: 756.58mg (21.62%), Vitamin B5: 1.88mg (18.76%), Vitamin C: 14.52mg (17.6%), Copper: 0.35mg (17.35%), Iron: 2.72mg (15.13%), Fiber: 2.8g (11.21%), Magnesium: 43.86mg (10.96%), Manganese: 0.2mg (10.15%), Zinc: 0.98mg (6.52%), Calcium: 54.9mg (5.49%), Vitamin E: 0.58mg (3.89%)