



Superhealthy salmon salad



Dairy Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g couscous
- ☐ 1 tbsp olive oil
- ☐ 2 fillet salmon
- ☐ 200 g sprouting broccoli shredded
- ☐ 1 juice of lemon
- ☐ 2 servings seeds from half a pomegranate
- ☐ 1 small handful pumpkin seeds
- ☐ 2 handfuls watercress

☐

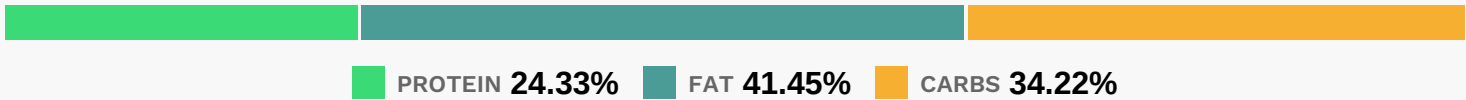
2 servings olive oil and extra lemon wedges

Equipment

Directions

- ☐
- Heat water in a tier steamer. Season the couscous, then toss with 1 tsp oil.
- ☐
- Pour boiling water over the couscous so it covers it by 1cm, then set aside. When the water in the steamer comes to the boil, tip the broccoli into the water, then lay the salmon in the tier above. Cook for 3 mins until the salmon is cooked and the broccoli tender.
- ☐
- Drain the broccoli and run it under cold water to cool.
- ☐
- Mix together the remaining oil and lemon juice. Toss the broccoli, pomegranate seeds and pumpkin seeds through the couscous with the lemon dressing. At the last moment, roughly chop the watercress and toss through the couscous.
- ☐
- Serve with the salmon, lemon wedges for squeezing over and extra olive oil for drizzling, if you like.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:33.41, Inflammation Score:-8, Nutrition Score:45.042173924653%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 727.46kcal (36.37%), Fat: 33.77g (51.95%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 62.73g (20.91%), Net Carbohydrates: 54.07g (19.66%), Sugar: 14.01g (15.56%), Cholesterol: 93.5mg (31.17%), Sodium: 116.43mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.61g (89.22%), Vitamin C: 104.32mg (126.45%), Vitamin K: 131.45µg (125.19%), Selenium: 65.06µg (92.94%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.69mg (84.74%), Vitamin B3: 16.04mg (80.21%), Phosphorus: 530.28mg (53.03%), Vitamin B2: 0.85mg (50.14%), Vitamin B5: 4.38mg (43.78%), Potassium: 1460.33mg (41.72%), Vitamin B1: 0.6mg (40.06%), Folate: 151.94µg (37.98%), Manganese: 0.76mg (37.88%), Copper: 0.74mg (37.24%), Fiber: 8.66g (34.64%), Vitamin E: 4.37mg (29.13%), Magnesium: 106.81mg (26.7%), Iron: 3.07mg (17.04%), Zinc: 2.27mg (15.1%), Vitamin A: 723.89IU (14.48%), Calcium: 90.64mg (9.06%)