



Tango Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup champagne vinegar
- ☐ 0.5 cup croutons
- ☐ 0.5 cup julienne cucumber
- ☐ 1 eggs
- ☐ 4 tablespoons feta cheese crumbled
- ☐ 0.5 cup grape tomatoes halved
- ☐ 0.3 cup honey
- ☐ 0.3 cup kalamata olives chopped

- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 6 cups greens mixed
- ☐ 4 servings bell pepper
- ☐ 0.3 cup onions red chopped
- ☐ 6 ounces grilled salmon smoked
- ☐ 4 servings salt
- ☐ 1 cup vegetable oil

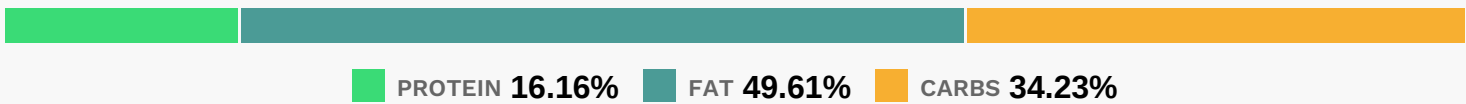
Equipment

- ☐ blender

Directions

- ☐ Toss salad greens, cucumber, tomatoes, red onions, olives, and croutons with Honey-Lime Vinaigrette. Evenly distribute salmon on the top of salad and sprinkle with crumbled feta cheese.
- ☐ Place the lime juice, vinegar, and egg in a blender. Run on low and slowly drizzle in the oil and honey until the mixture is slightly thick.
- ☐ Add salt and pepper and refrigerate for 12 hours before serving.

Nutrition Facts



Properties

Glycemic Index:65.82, Glycemic Load:12.57, Inflammation Score:-10, Nutrition Score:23.435217479001%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 355.7kcal (17.78%), Fat: 20.19g (31.06%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 28.64g (10.41%), Sugar: 22.15g (24.61%), Cholesterol: 79.44mg (26.48%), Sodium: 602.44mg (26.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Vitamin C: 118.07mg (143.11%), Vitamin A: 3370.45IU (67.41%), Vitamin B6: 0.76mg (37.86%), Selenium: 23.51µg (33.59%), Vitamin B12: 1.74µg (28.96%), Vitamin B2: 0.48mg (28.3%), Vitamin K: 26.97µg (25.68%), Vitamin B3: 4.98mg (24.91%), Folate: 92.5µg (23.13%), Phosphorus: 227.53mg (22.75%), Vitamin E: 2.68mg (17.85%), Potassium: 623.47mg (17.81%), Vitamin B1: 0.23mg (15.47%), Vitamin B5: 1.47mg (14.73%), Manganese: 0.28mg (14.13%), Calcium: 126.99mg (12.7%), Copper: 0.22mg (11%), Fiber: 2.7g (10.81%), Magnesium: 42.13mg (10.53%), Iron: 1.82mg (10.14%), Zinc: 1.4mg (9.33%), Vitamin D: 0.29µg (1.92%)