



Think Pink Salmon and Avocado Salad with Sweet Dairy-Free Wasabi Dressing



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 avocado medium to large cut into thin slices or chunks
- ☐ 1 carrots grated thinly sliced
- ☐ 0.5 Ounce cashew pieces for nut-free (can omit)
- ☐ 1 Tablespoon honey
- ☐ 3 Tablespoons rice vinegar
- ☐ 1 romaine "heart
- ☐ 7.5 Ounce salmon wild pure canned (I used Think Pink Salmon from Alaska Salmon Co)

- ☐ 0.5 Teaspoon sesame oil
- ☐ 1 Teaspoon wheat-free tamari gluten-free (for)
- ☐ 0.5 Teaspoon wasabi paste

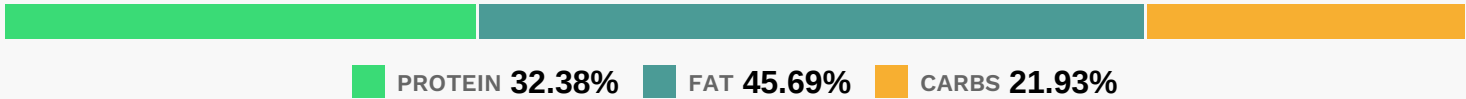
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ If using cashews, grind the cashews into a powder in your spice / coffee grinder.
- ☐ Combine the cashew powder or cashew butter with the rice vinegar, honey, soy sauce or tamari, wasabi, and sesame oil in a small bowl, whisking until well combined. Set the dressing aside to thicken while you make the salad.Shred the lettuce and divide between two large bowls.Top the salads with the carrot and avocado, and flake the salmon onto the salads.
- ☐ Drizzle the dressing atop the salads, tossing to coat, and serve.

Nutrition Facts



Properties

Glycemic Index:102.05, Glycemic Load:5.87, Inflammation Score:-10, Nutrition Score:31.514347698378%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 331.84kcal (16.59%), Fat: 17.35g (26.69%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 13.95g (5.07%), Sugar: 10.63g (11.81%), Cholesterol: 88.24mg (29.41%), Sodium: 600.48mg (26.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.34%), Vitamin A: 6457.63IU (129.15%),

Vitamin D: 15.42µg (102.77%), Vitamin B12: 5.26µg (87.71%), Selenium: 43.32µg (61.89%), Phosphorus: 482.59mg (48.26%), Vitamin B3: 9.35mg (46.74%), Calcium: 328.89mg (32.89%), Vitamin K: 29.17µg (27.78%), Potassium: 788mg (22.51%), Vitamin B2: 0.33mg (19.43%), Fiber: 4.8g (19.2%), Folate: 75.58µg (18.9%), Magnesium: 75.01mg (18.75%), Copper: 0.37mg (18.48%), Vitamin E: 2.63mg (17.56%), Vitamin B6: 0.32mg (16.15%), Vitamin B5: 1.51mg (15.06%), Manganese: 0.27mg (13.44%), Zinc: 1.87mg (12.48%), Iron: 1.81mg (10.08%), Vitamin C: 7.96mg (9.65%), Vitamin B1: 0.12mg (7.87%)