



Warm Salmon and Cherry Arugula Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces arugula loosely packed
- ☐ 1.5 cups cherries frozen thawed
- ☐ 0.3 cup tart cherry juice
- ☐ 1.5 teaspoons ginger fresh grated
- ☐ 1 teaspoon ground turmeric
- ☐ 0.5 large jalapeño halved lengthwise seeded thinly sliced ()
- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 small head radicchio thinly shredded cored

- ☐ 2 tablespoons red wine vinegar
- ☐ 20 ounce salmon fillet
- ☐ 4 servings salt and pepper to taste
- ☐ 3 shallots sliced

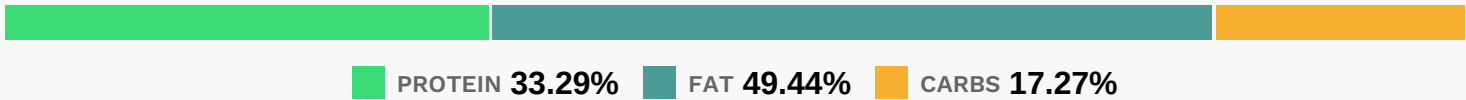
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In large bowl, whisk together the vinegar, turmeric, and 2 tablespoons of the olive oil.
- ☐ Add the arugula and radicchio, and toss.
- ☐ Add salt and pepper, to taste, and divide mixture among 4 plates.Season salmon with salt and pepper.
- ☐ Heat the remaining tablespoon of olive oil in a large skillet over medium-high heat.
- ☐ Add the salmon and cook until barely opaque throughout, about 2 to 3 minutes per side. Arrange the cooked salmon on top of the salads.Reduce the heat to medium, and add the shallots and jalapeño to your skillet. Cook, stirring occasionally, until tender, about 2 to 3 minutes.
- ☐ Add the cherries and ginger, and cook, stirring occasionally, until heated through.
- ☐ Add the cherry juice; increase heat to medium-high, and cook, scraping up any browned bits, until the juice is almost entirely evaporated, about 2 to 3 minutes.
- ☐ Add salt and pepper to taste.Spoon the cherry mixture over the salmon and serve.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.54, Inflammation Score:-10, Nutrition Score:28.116956648619%

Flavonoids

Cyanidin: 39.44mg, Cyanidin: 39.44mg, Cyanidin: 39.44mg, Cyanidin: 39.44mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.16mg, Luteolin: 7.16mg, Luteolin: 7.16mg, Luteolin: 7.16mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 7.54mg, Kaempferol: 7.54mg, Kaempferol: 7.54mg, Kaempferol: 7.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 362.1kcal (18.1%), Fat: 19.86g (30.55%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 13.24g (4.81%), Sugar: 10.22g (11.36%), Cholesterol: 77.96mg (25.99%), Sodium: 270.65mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.18%), Vitamin K: 78.94µg (75.18%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.23µg (74.62%), Vitamin B6: 1.29mg (64.66%), Vitamin B3: 11.42mg (57.12%), Vitamin B2: 0.59mg (34.45%), Phosphorus: 326.82mg (32.68%), Potassium: 1055.5mg (30.16%), Vitamin B5: 2.67mg (26.66%), Copper: 0.49mg (24.42%), Vitamin B1: 0.36mg (23.97%), Folate: 76.51µg (19.13%), Magnesium: 65.02mg (16.26%), Vitamin C: 12.09mg (14.66%), Vitamin E: 2.15mg (14.34%), Iron: 2.36mg (13.12%), Manganese: 0.25mg (12.72%), Vitamin A: 619.05IU (12.38%), Fiber: 2.37g (9.46%), Zinc: 1.26mg (8.43%), Calcium: 71.4mg (7.14%)