



WHATSheATE



HEALTH SCORE

100%

Wilted Spinach Salad with Sesame-Coated Salmon



Dairy Free



Very Healthy

READY IN



17 min.

SERVINGS



2

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups baby spinach leaves loosely packed
- ☐ 2 tablespoons sesame seed white black (or a combination)
- ☐ 1 tablespoon canola oil
- ☐ 1 cup to 2 carrots grated julienned
- ☐ 4 green onions whole thinly sliced
- ☐ 14 ounce salmon fillet wild
- ☐ 2 servings salt to taste

☐ 2 servings sesame-ginger dressing divided

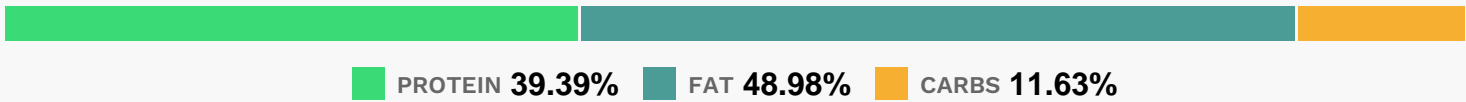
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Drizzle salmon with 3 tablespoons Sesame-Ginger Dressing, coating both sides; season with salt. Coat each side with sesame seeds, gently pressing seeds into flesh.
- ☐ Heat oil in skillet over medium-high heat.
- ☐ Add salmon, and cook 3 minutes, being careful not to burn seeds. Turn and cook on opposite side 4 more minutes or just until fish begins to flake with fork.
- ☐ Remove from heat.
- ☐ Combine spinach and next 3 ingredients in a large bowl.
- ☐ Add remaining dressing, and toss to coat. Arrange on 2 plates. Top with salmon.
- ☐ Serve immediately.
- ☐ *To save time, you can substitute with your favorite store-bought dressing.

Nutrition Facts



Properties

Glycemic Index:72.92, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:52.135217749554%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 448.56kcal (22.43%), Fat: 24.56g (37.78%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 7.77g (2.83%), Sugar: 4.08g (4.53%), Cholesterol: 109.15mg (36.38%), Sodium: 411.09mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.43g (88.86%), Vitamin K: 498.38µg (474.65%),

Vitamin A: 19450.88IU (389.02%), Selenium: 76.31µg (109.01%), Vitamin B12: 6.31µg (105.18%), Vitamin B6: 1.97mg (98.25%), Vitamin B3: 17.37mg (86.83%), Folate: 259.49µg (64.87%), Vitamin B2: 1mg (58.84%), Manganese: 1.17mg (58.31%), Phosphorus: 522.96mg (52.3%), Potassium: 1784.68mg (50.99%), Copper: 0.99mg (49.43%), Vitamin B1: 0.64mg (42.49%), Magnesium: 169.21mg (42.3%), Vitamin C: 33.58mg (40.7%), Vitamin B5: 3.56mg (35.57%), Iron: 5.75mg (31.92%), Vitamin E: 3.68mg (24.51%), Calcium: 229.62mg (22.96%), Fiber: 5.35g (21.4%), Zinc: 2.62mg (17.44%)