



Healthdor

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## Morning Salmon Salad ♦

A delicious and nutritious salad perfect for a healthy morning meal. This salad combines fresh salmon with a variety of vegetables and a tangy dressing. It's a great way to start your day!

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	salmon fillets
100 g	Mixed Greens
100 g	Cherry Tomatoes
50 g	cucumber
25 g	red onion

<b>2 tsp</b>	lemon juice
<b>1 tbsp</b>	olive oil
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	pepper

## Directions

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### Step 1

Oven

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Baking

Place the salmon fillets on a baking sheet and season with salt and pepper. Bake for 10 minutes or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

Mixing

In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Pour the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Plating

Divide the salad onto plates and top with the cooked salmon fillets.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 7

Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 40 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	40 g	235.29%	235.29%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	4 mcg	26.67%	26.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	15 mg	136.36%	187.5%
Selenium	60 mcg	109.09%	109.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

### Meal Type

Breakfast

Lunch

### Difficulty Level

Easy

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