



Healthdor

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Salmon Salad

A delicious and healthy salad made with fresh salmon and a variety of vegetables. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	salmon fillets
200 g	lettuce
150 g	cucumber
150 g	Cherry Tomatoes
50 g	red onion
30 g	Lemon

30 g	olive oil
5 g	salt
5 g	pepper

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Season the salmon fillets with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Baking

Place the salmon fillets on a baking sheet and bake for 10 minutes or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Drizzle the salad with olive oil and lemon juice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Season with salt and pepper, and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Divide the salad among plates and top with the baked salmon fillets.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	50 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%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Spring 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

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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