

Bacon-Wrapped Salmon with Wilted Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 cups baby spinach dried packed rinsed
- ☐ 4 slices bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons olive oil
- ☐ 20 oz salmon fillet skinless thick ()
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup shallots sliced (2 large)
- ☐ 4 teaspoons frangelico coarse-grain

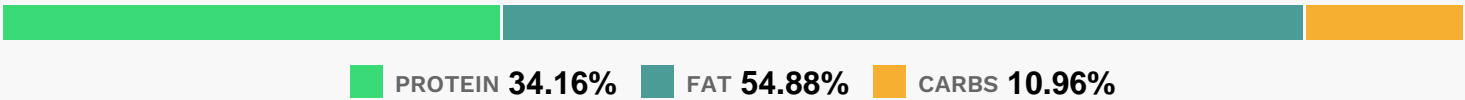
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Preheat broiler and put broiler pan under broiler so that its rack is about 4 inches from heat.
- ☐ Pat fish dry and sprinkle with salt and pepper, then spread curved sides with mustard.
- ☐ Lay 1 bacon slice lengthwise along top of each fillet, tucking ends of bacon under fillet (ends will not meet). Thread 1 skewer through length of each fillet, entering and exiting fish through bacon to secure it.
- ☐ Arrange fish, bacon sides down, on preheated rack of broiler pan and broil 3 minutes, then turn over and broil until fish is just cooked through and bacon is crisp, 3 to 4 minutes more.
- ☐ While salmon broils, cook shallots in oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until beginning to brown, 3 to 5 minutes.
- ☐ Add spinach and cook, covered, stirring occasionally, until spinach is just wilted, 1 to 2 minutes. Season with salt and pepper.
- ☐ Serve salmon with spinach.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:44.857390520365%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 411.21kcal (20.56%), Fat: 25.23g (38.82%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 7.41g (2.69%), Sugar: 3.61g (4.01%), Cholesterol: 92.48mg (30.83%), Sodium: 598.39mg (26.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.66%), Vitamin K: 584.33µg (556.51%), Vitamin A: 11319.5IU (226.39%), Selenium: 57.84µg (82.63%), Vitamin B6: 1.59mg (79.42%), Vitamin B12: 4.62µg (76.96%), Folate: 281.66µg (70.42%), Vitamin B3: 12.98mg (64.88%), Manganese: 1.23mg (61.67%), Vitamin B2: 0.79mg (46.55%), Vitamin C: 36.87mg (44.7%), Potassium: 1541.22mg (44.03%), Phosphorus: 397.83mg (39.78%), Magnesium: 147.05mg (36.76%), Vitamin B1: 0.5mg (33.23%), Copper: 0.56mg (27.81%), Iron: 5mg (27.8%), Vitamin B5: 2.67mg (26.75%), Vitamin E: 3.56mg (23.7%), Fiber: 3.93g (15.73%), Calcium: 152.3mg (15.23%), Zinc: 1.96mg (13.08%)