



Balsamic Salmon with Green Beans Amandine

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.3 cup lite balsamic vinaigrette dressing divided kraft
- 1 Tbsp grey poupon dijon mustard
- 1 lb green beans fresh trimmed
- 1.5 tsp garlic divided minced
- 1 lb salmon fillet skinless

Equipment

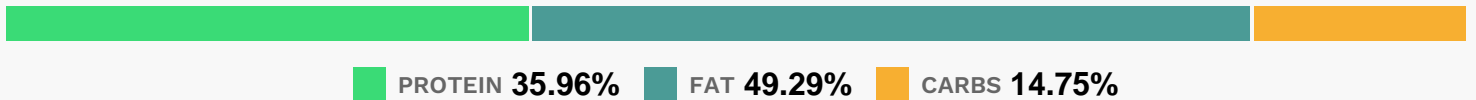
- sauce pan

- broiler
- colander
- broiler pan

Directions

- Heat broiler.
- Place fish on rack of broiler pan sprayed with cooking spray.
- Mix mustard, 1 Tbsp. dressing and 1/2 tsp. garlic; spread onto fish.
- Broil, 4 inches from heat, 6 to 8 min. or until fish flakes easily with fork. Meanwhile, place beans in medium saucepan; add enough water to completely cover beans. Bring to boil; simmer on medium-low heat 6 min. or until beans are crisp-tender.
- Drain beans in colander.
- Add remaining dressing and garlic to saucepan; cook on medium heat 1 min., stirring occasionally.
- Add beans; cook 2 min., stirring occasionally. Top with nuts.
- Serve with fish.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:5.070434782816%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 57.48kcal (2.87%), Fat: 3.17g (4.88%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.9g (1%), Cholesterol: 12.47mg (4.16%), Sodium: 46.19mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Selenium: 8.75µg (12.49%), Vitamin B12: 0.72µg (12.02%), Vitamin B6: 0.22mg (11.11%), Vitamin B3: 2mg (9.98%), Vitamin K: 9.77µg (9.3%), Vitamin B2: 0.12mg (7.27%), Phosphorus: 60.64mg (6.06%), Vitamin B1: 0.07mg (4.94%), Potassium: 169.38mg (4.84%), Vitamin B5: 0.44mg (4.37%), Manganese: 0.09mg (4.28%), Copper: 0.09mg (4.27%), Magnesium: 15.76mg (3.94%), Vitamin C: 2.84mg (3.44%), Folate: 13.72µg (3.43%), Vitamin A: 166.12IU (3.32%), Fiber: 0.79g (3.17%), Iron: 0.47mg (2.63%), Vitamin E: 0.39mg (2.6%), Zinc: 0.24mg (1.62%), Calcium: 15.35mg (1.54%)