



Basil Salmon and Julienne Vegetables



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb bell pepper frozen
- ☐ 1 tablespoon butter
- ☐ 0.3 cup chicken broth progresso® (from 32-oz carton)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon lemon pepper
- ☐ 16 oz salmon fillet
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1 medium zucchini cut into julienne (matchstick-size) strips

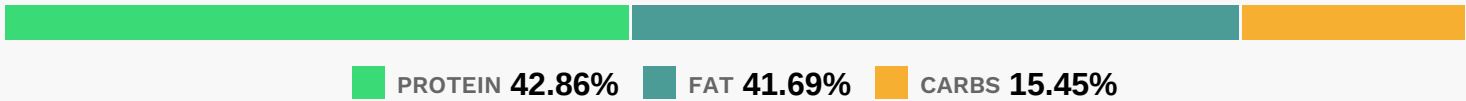
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In 12-inch nonstick skillet, melt butter over medium heat.
- ☐ Add bell pepper stir-fry. Cook and stir 2 minutes. Stir in zucchini.
- ☐ Place salmon, skin side down, in skillet, pushing down into vegetables if necessary.
- ☐ Sprinkle salmon and vegetables with basil, seasoned salt and lemon-pepper seasoning.
- ☐ Pour broth over salmon and vegetables.
- ☐ Cover and cook over medium-low heat 8 to 10 minutes or until salmon flakes easily with fork.
- ☐ Remove salmon and vegetables from skillet with slotted spoon.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:29.54739139391%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 226.37kcal (11.32%), Fat: 10.56g (16.24%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 5.79g (2.11%), Sugar: 6.06g (6.73%), Cholesterol: 62.66mg (20.89%), Sodium: 436.67mg (18.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.85%), Vitamin C: 154.11mg (186.8%), Vitamin A: 3874.83IU (77.5%), Vitamin B6: 1.34mg (67.04%), Vitamin B12: 3.61µg (60.21%), Selenium: 41.69µg (59.56%), Vitamin B3: 10.29mg (51.46%), Vitamin B2: 0.58mg (34.41%), Phosphorus: 277.64mg (27.76%), Potassium: 936.58mg (26.76%), Vitamin B5: 2.36mg (23.6%), Folate: 93.07µg (23.27%), Vitamin B1: 0.34mg (22.93%), Copper: 0.34mg (17.08%), Manganese: 0.31mg (15.73%), Magnesium: 57.07mg (14.27%), Vitamin E: 1.98mg (13.19%), Fiber: 3.01g (12.06%), Vitamin K: 12.63µg (12.03%), Iron: 1.67mg (9.27%), Zinc: 1.19mg (7.94%), Calcium: 35.19mg (3.52%)