



## Blackened Salmon with Broccoli Rabe and Raisins



Gluten Free



Dairy Free



Very Healthy

READY IN



8 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound broccoli rabe
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 optional: lemon cut into wedges
- ☐ 1 tablespoon olive oil
- ☐ 24 ounce salmon fillet skinless
- ☐ 2 shallots sliced

- ☐ 1 tablespoon blackened spice mix
- ☐ 0.5 cup water

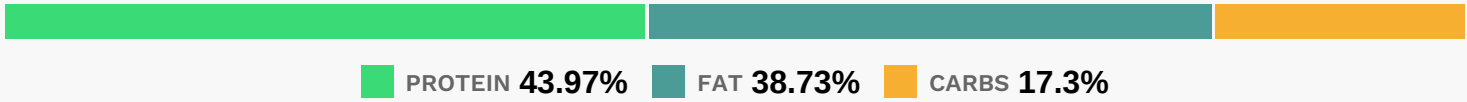
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat a large skillet over medium heat. Coat both sides of each salmon fillet evenly with seasoning; cover and cook for 34 minutes per side or until opaque throughout and blackened.
- ☐ Meanwhile, in another skillet, bring the broccoli rabe and 1/2 cup water to a simmer. Cover and cook, tossing occasionally, for 34 minutes or until tender; drain and transfer to a plate.
- ☐ Wipe out the second skillet, and heat oil over medium heat.
- ☐ Add the shallots and salt, and cook for about 3 minutes or until softened.
- ☐ Mix in the raisins and broccoli rabe.
- ☐ Serve with the salmon and lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:36.04, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:41.071304072504%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 341.62kcal (17.08%), Fat: 14.98g (23.04%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 10.47g (3.81%), Sugar: 7.45g (8.28%), Cholesterol: 93.55mg (31.18%), Sodium: 528.68mg (22.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.26g (76.52%), Vitamin K: 256.54µg (244.32%), Selenium: 63.54µg (90.77%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.68mg (83.97%), Vitamin B3: 14.91mg

(74.54%), Vitamin A: 3047.78IU (60.96%), Vitamin B2: 0.82mg (48.11%), Vitamin C: 38.51mg (46.67%), Phosphorus: 445.22mg (44.52%), Vitamin B1: 0.59mg (39.14%), Folate: 144.14µg (36.03%), Potassium: 1202.42mg (34.35%), Vitamin B5: 3.3mg (32.96%), Manganese: 0.55mg (27.4%), Copper: 0.53mg (26.58%), Iron: 4.28mg (23.79%), Magnesium: 82.53mg (20.63%), Fiber: 4.58g (18.32%), Calcium: 160.34mg (16.03%), Vitamin E: 2.4mg (15.98%), Zinc: 2.06mg (13.74%)