

Blackened Salmon with Spinach and Soy Black Beans (Five-minute meal in a pan!)

 **Gluten Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



2

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 0.5 teaspoon cayenne pepper
- 1 tablespoon garlic powder
- 0.5 teaspoon ground pepper white
- 1 tablespoon ground pepper black
- 5 tablespoons kosher salt
- 5 tablespoons paprika

- 1 pound salmon fillet fresh skinless thick cut into 2 pieces (not too or cooking time will increase)
- 2 servings cup heavy whipping cream sour for garnish
- 4 cups pkt spinach fresh cleaned
- 1 tablespoon thyme leaves dry
- 2 tablespoons butter unsalted
- 12 ounce soy" black beans drained canned (available at health food and specialty stores)
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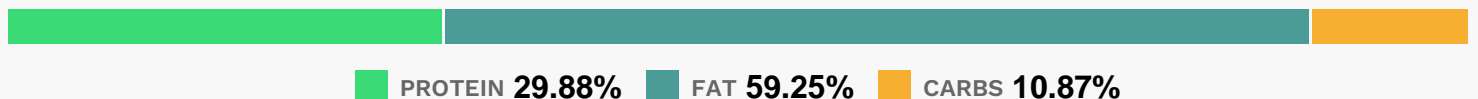
Equipment

- frying pan

Directions

- Heat oil in a large heavy saute pan or iron skillet over high heat until almost smoking hot.
- Coat the salmon fillets well on both sides with the blackening spice and place gently in the hot pan. Sear on the first side for about 2 minutes and then flip fish over.
- Add the black beans to 1 corner of the pan and throw in the fresh spinach and butter right on top of everything and cook it all for about 2 minutes more.
- To serve, take the spinach off the top and place it on the bottom of a plate. Then arrange the salmon and black beans around it.
- Garnish with a dollop of sour cream, if desired.
- Mix all the blackening spice ingredients well and store in a sealed container or spice canister. Keep extra as a versatile spice in your kitchen.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:56.109565169915%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 660.48kcal (33.02%), Fat: 44.83g (68.98%), Saturated Fat: 12.16g (75.99%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 9.2g (3.34%), Sugar: 2.65g (2.94%), Cholesterol: 161.92mg (53.97%), Sodium: 17608.94mg (765.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.88g (101.76%), Vitamin K: 320.32µg (305.07%), Vitamin A: 15151.73IU (303.03%), Selenium: 86.27µg (123.25%), Vitamin B6: 2.45mg (122.6%), Vitamin B12: 7.26µg (121.02%), Vitamin B3: 20.21mg (101.06%), Vitamin B2: 1.25mg (73.42%), Manganese: 1.41mg (70.65%), Vitamin E: 9.34mg (62.25%), Phosphorus: 577.78mg (57.78%), Potassium: 1986.4mg (56.75%), Iron: 8.54mg (47.43%), Folate: 187.36µg (46.84%), Vitamin B5: 4.39mg (43.94%), Copper: 0.87mg (43.74%), Vitamin B1: 0.64mg (42.95%), Magnesium: 161.27mg (40.32%), Fiber: 9.3g (37.21%), Vitamin C: 23.26mg (28.2%), Zinc: 2.86mg (19.07%), Calcium: 185.66mg (18.57%), Vitamin D: 0.21µg (1.4%)