



“Cook It Frozen” Seared Alaskan Salmon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon herbs fresh (such as rosemary, tarragon or thyme)
- ☐ 1 pinch kosher salt and pepper black
- ☐ 2 teaspoon olive oil

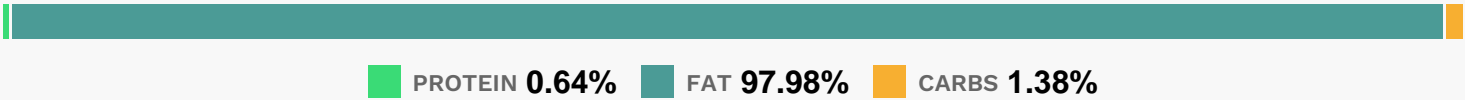
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse still frozen salmon under cold water to remove any ice glaze; pat dry with a paper towel. Set aside.
- ☐ Heat a heavy-bottomed or nonstick skillet over medium-high heat.
- ☐ Brush both sides of salmon with olive oil. Avoid butter, sunflower or corn oil as they will burn at high heat.
- ☐ Place salmon into the heated pan, skin side up, and cook, uncovered, 3 to 4 minutes, until well browned. Turn the fish over and season lightly with salt and pepper.Cover the skillet tightly and reduce the heat to medium. Continue to cook an additional 6 to 8 minutes , or until cooked through to your liking. Just before serving sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:2.0799999444381%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 36.08kcal (1.8%), Fat: 4.02g (6.18%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 20.58mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin K: 35.21µg (33.53%), Vitamin E: 0.59mg (3.94%), Vitamin A: 168.48IU (3.37%), Vitamin C: 2.66mg (3.22%)