



# Crispy Panko and Herb Crusted Salmon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pound salmon fillet
- 0.5 leek white finely chopped ( part of the leek)
- 0.5 bell pepper diced red
- 0.5 bell pepper diced red
- 6 cherry tomatoes chopped
- 2 tablespoons olive oil extra virgin
- 1.5 cup panko bread crumbs
- 0.5 cup flat parsley italian finely chopped

- 1 garlic clove finely chopped
- 1 lemon zest
- 0.5 teaspoon salt
- 1 dash pepper
- 3 tablespoons olive oil extra virgin

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven

## Directions

- In a skillet heat 2-3 tablespoons of extra virgin olive oil.
- Add the chopped onions and leeks.
- Saute until translucent about 4 minutes.
- Add the chopped red peppers and tomatoes and continue cooking until soft.
- Set aside and allow to cool before adding to the panko breadcrumb mixture.
- Using a food processor, finely chop the parsley, garlic clove, and the lemon zest.
- Add the panko breadcrumbs, salt and pepper, pulse to blend.
- Transfer to a bowl and toss in the the onion, leek, tomato and red pepper mixture, which has been cooled. Blend in 3 tablespoons of extra virgin oil, enough to coat the bread mixture.
- Place the salmon flat side down on a cookie sheet, which has been lined with parchment paper.
- Spread the breadcrumb mixture on top of the fish to cover.
- Bake in a preheated 375F for 25- 35 minutes, depending on the thickness of the salmon fillet.

## Nutrition Facts

PROTEIN 33.68% FAT 51.49% CARBS 14.83%

## Properties

Glycemic Index:31.67, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:32.352173913043%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Taste

Sweetness: 26.44%, Saltiness: 100%, Sourness: 31.99%, Bitterness: 11.3%, Savoriness: 72.79%, Fattiness: 62.79%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 392.88kcal (19.64%), Fat: 22.19g (34.14%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 12.75g (4.64%), Sugar: 2.56g (2.85%), Cholesterol: 83.16mg (27.72%), Sodium: 377.45mg (16.41%), Protein: 32.67g (65.33%), Vitamin K: 94.98µg (90.46%), Selenium: 59.23µg (84.61%), Vitamin B12: 4.86µg (81.01%), Vitamin B6: 1.36mg (67.79%), Vitamin B3: 13.27mg (66.33%), Vitamin C: 38.25mg (46.36%), Vitamin B2: 0.66mg (39.06%), Phosphorus: 343.47mg (34.35%), Vitamin B1: 0.51mg (34.26%), Vitamin B5: 2.72mg (27.2%), Vitamin A: 1310.06IU (26.2%), Potassium: 894.21mg (25.55%), Copper: 0.45mg (22.58%), Folate: 77.68µg (19.42%), Iron: 2.69mg (14.92%), Magnesium: 59.09mg (14.77%), Vitamin E: 2.21mg (14.73%), Manganese: 0.26mg (12.84%), Zinc: 1.33mg (8.87%), Fiber: 1.63g (6.52%), Calcium: 62.68mg (6.27%)