



 **44%**  
HEALTH SCORE

## Green Beans with Pearl Onions and Salmon

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**372 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound green beans frozen
- 1 cup pearl onions frozen
- 1 teaspoon olive oil
- 2 tablespoon butter unsalted
- 0.3 cup chicken stock see
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 4 servings salt and pepper

4 servings salmon steaks skinless

## Equipment

frying pan

pot

## Directions

In a large pot add some water the frozen beans and frozen pearl onions. Cover and cook over medium heat until they are tender.

Drain and set aside.

In a large skillet over medium high heat melt 1 tablespoon of butter and the olive oil.

Add the green beans and pearl onions and saut for 1 minute.

Add the chicken stock and cook for another minute until the stock is evaporated.

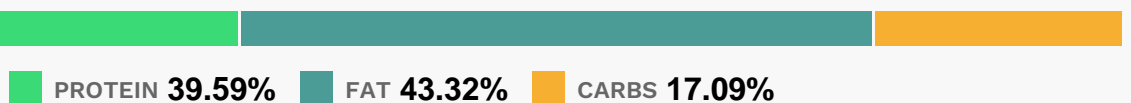
Add 1 tablespoon of butter and the brown sugar; lower the heat to low and mix gently until slightly caramelized.

Remove from the heat and keep warm.

Return the skillet back to medium high heat and melt the remaining teaspoon of butter in the center, add the salmon over and season with Slavosalt generously. Cook for 3–5 minutes until a golden crust is formed. Turn and cook for another 3 minutes.

Place the green beans with pearl onions on the plate and top with the salmon.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:3.45, Inflammation Score:-8, Nutrition Score:32.862608695652%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 15.1mg, Quercetin: 15.1mg,

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## Taste

Sweetness: 30.09%, Saltiness: 100%, Sourness: 30.96%, Bitterness: 18.05%, Savoriness: 71.49%, Fattiness: 51.43%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 372.24kcal (18.61%), Fat: 17.94g (27.61%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 11.86g (4.31%), Sugar: 8.39g (9.32%), Cholesterol: 109mg (36.33%), Sodium: 300.56mg (13.07%), Protein: 36.89g (73.79%), Selenium: 63.45µg (90.64%), Vitamin B12: 5.42µg (90.3%), Vitamin B6: 1.63mg (81.58%), Vitamin B3: 14.51mg (72.53%), Vitamin K: 50.12µg (47.73%), Vitamin B2: 0.8mg (46.77%), Phosphorus: 406.05mg (40.61%), Vitamin B1: 0.51mg (34%), Potassium: 1178.76mg (33.68%), Vitamin B5: 3.17mg (31.67%), Copper: 0.54mg (26.83%), Folate: 92.14µg (23.03%), Vitamin C: 18.24mg (22.11%), Magnesium: 84.49mg (21.12%), Vitamin A: 1027.01IU (20.54%), Manganese: 0.35mg (17.52%), Fiber: 4.07g (16.27%), Iron: 2.71mg (15.04%), Zinc: 1.49mg (9.93%), Calcium: 79.88mg (7.99%), Vitamin E: 0.79mg (5.25%)