



## Grilled Salmon over Warm Tuscan Bean Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



36 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

### Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 15 ounce beans white rinsed drained canned
- ☐ 2 teaspoons canola oil
- ☐ 10.8 ounce campbell's® condensed golden mushroom soup healthy request® canned
- ☐ 1 small fennel bulb trimmed thinly sliced
- ☐ 3 cloves garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 teaspoon kosher salt

- ☐ 16 ounce salmon fillet
- ☐ 0.5 cup water

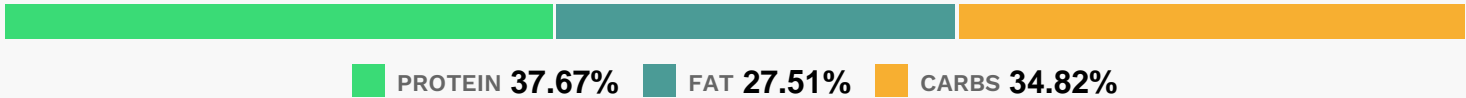
## Equipment

- ☐ frying pan
- ☐ grill

## Directions

- ☐ Season the salmon with the salt and black pepper.
- ☐ Spray the grill with the cooking spray and heat the grill to medium-high. Grill the salmon for 6 minutes or until it flakes easily when tested with a fork, turning the salmon over once halfway through the grilling time.
- ☐ Remove the salmon from the grill, cover and keep warm.
- ☐ Heat the oil in a 10-inch nonstick skillet over medium heat.
- ☐ Add the fennel and cook for 5 minutes or until tender, stirring occasionally.
- ☐ Add the garlic and cook and stir for 30 seconds.
- ☐ Stir in the soup, water and beans. Increase the heat to medium-high and heat to a boil. Reduce the heat to low and cook for 5 minutes.
- ☐ Arrange the spinach on a platter. Spoon the bean mixture over the spinach. Top with the salmon.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:40.361304283142%

## Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 377.8kcal (18.89%), Fat: 11.62g (17.88%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 25.03g (9.1%), Sugar: 2.81g (3.12%), Cholesterol: 66.18mg (22.06%), Sodium: 806.62mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.62%), Vitamin K: 246.78µg (235.03%), Vitamin A: 4111.8IU (82.24%), Manganese: 1.33mg (66.67%), Selenium: 44.25µg (63.21%), Vitamin B12: 3.73µg (62.13%), Vitamin B6: 1.18mg (58.82%), Vitamin B3: 10.42mg (52.09%), Folate: 201.15µg (50.29%), Potassium: 1623.66mg (46.39%), Phosphorus: 399.26mg (39.93%), Copper: 0.79mg (39.44%), Vitamin B2: 0.62mg (36.33%), Iron: 6.24mg (34.69%), Magnesium: 136.95mg (34.24%), Fiber: 8.07g (32.27%), Vitamin B1: 0.42mg (27.81%), Vitamin B5: 2.41mg (24.06%), Vitamin C: 19.67mg (23.84%), Zinc: 3.13mg (20.85%), Calcium: 170.35mg (17.04%), Vitamin E: 2.39mg (15.97%)