



John's First-Date Salmon Fillets



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons aged balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons thyme dried
- ☐ 0.8 teaspoon kosher salt
- ☐ 2.3 pound salmon fillet skinless ()
- ☐ 3 tablespoons butter unsalted

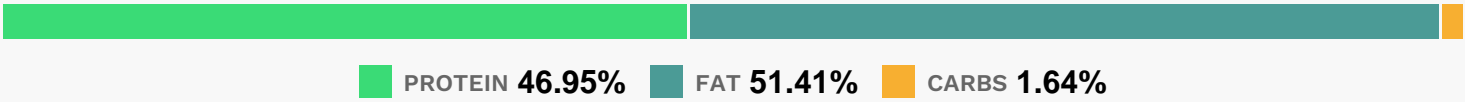
Equipment

- ☐ frying pan

Directions

- ☐ Cut the salmon fillet into 6 equal portions, and lightly spray both sides of each piece with cooking spray.
- ☐ Sprinkle with dried thyme, salt, and black pepper.
- ☐ In a large skillet, heat butter on medium-high until foamy. Carefully place the fillets in the skillet. Cook the salmon; don't move fillets until the edges begin to crisp, about 2 minutes. Decrease heat to medium, and cook until fish is golden brown, about 1 minute more. Turn fillets and continue cooking until medium-rare and skin is crisped, about 3 minutes, depending on their thickness.
- ☐ Remove fillets to serving plates and drizzle with balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:23.833912928467%

Nutrients (% of daily need)

Calories: 297.53kcal (14.88%), Fat: 16.49g (25.36%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.81g (0.9%), Cholesterol: 108.6mg (36.2%), Sodium: 367.7mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.75%), Vitamin B12: 5.42µg (90.35%), Selenium: 62.18µg (88.82%), Vitamin B6: 1.39mg (69.67%), Vitamin B3: 13.39mg (66.93%), Vitamin B2: 0.65mg (38.24%), Phosphorus: 343.65mg (34.37%), Vitamin B5: 2.84mg (28.4%), Vitamin B1: 0.39mg (25.75%), Potassium: 845.44mg (24.16%), Copper: 0.43mg (21.62%), Magnesium: 50.95mg (12.74%), Folate: 43.45µg (10.86%), Iron: 1.73mg (9.6%), Zinc: 1.12mg (7.45%), Vitamin A: 253.38IU (5.07%), Vitamin K: 5.05µg (4.81%), Manganese: 0.08mg (3.81%), Calcium: 29.17mg (2.92%), Vitamin E: 0.18mg (1.22%)