



Lemon-Pepper Salmon

READY IN



30 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup couscous uncooked
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon lemon pepper
- ☐ 2 tablespoons olive oil
- ☐ 16 ounce salmon steaks
- ☐ 1 teaspoon salt
- ☐ 1 cup tomatoes fresh chopped

☐ 2 cups water boiling

Equipment

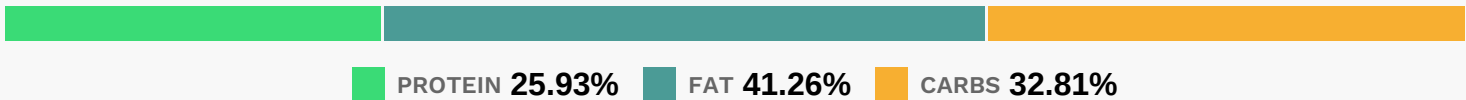
☐ frying pan

☐ pot

Directions

- ☐ Heat the butter and olive oil in a large skillet over medium heat.
- ☐ Place salmon in the skillet, and season with garlic, lemon pepper and salt.
- ☐ Pour 1/4 cup water around salmon.
- ☐ Place tomatoes and cilantro in the skillet. Cover, and cook 15 minutes, or until fish is easily flaked with a fork.
- ☐ Bring 2 cups water to boil in a pot.
- ☐ Remove form heat, and mix in couscous. Cover, and let sit 5 minutes.
- ☐ Serve the cooked salmon over couscous, and drizzle with sauce from skillet.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:21.01, Inflammation Score:-7, Nutrition Score:22.853043576945%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 448.22kcal (22.41%), Fat: 20.29g (31.22%), Saturated Fat: 5.76g (36%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 33.18g (12.07%), Sugar: 1.04g (1.15%), Cholesterol: 77.42mg (25.81%), Sodium: 690.78mg (30.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.39%), Vitamin B12: 3.62µg (60.3%), Selenium: 41.68µg (59.54%), Vitamin B3: 10.71mg (53.57%), Vitamin B6: 1.02mg (51.24%), Phosphorus: 316.38mg (31.64%),

Manganese: 0.62mg (31.02%), Vitamin B2: 0.48mg (28.48%), Vitamin B5: 2.51mg (25.14%), Copper: 0.46mg (23.14%), Vitamin B1: 0.35mg (23.11%), Potassium: 761.38mg (21.75%), Vitamin K: 22.51µg (21.44%), Vitamin A: 808.77IU (16.18%), Magnesium: 61.14mg (15.29%), Fiber: 3.12g (12.47%), Folate: 45.55µg (11.39%), Vitamin E: 1.49mg (9.92%), Iron: 1.75mg (9.72%), Zinc: 1.21mg (8.09%), Vitamin C: 6.42mg (7.78%), Calcium: 44.05mg (4.41%)