



Mediterranean Salmon for Two

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves
- 0.3 cup lite balsamic vinaigrette dressing divided kraft
- 2 cloves garlic minced
- 4 tsp parmesan cheese divided grated kraft
- 0.5 lb salmon fillet skinless

Equipment

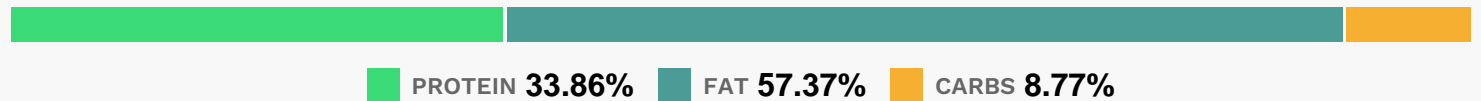
- frying pan
- oven

- baking pan
- tongs

Directions

- Heat oven to 400F.
- Place fish in shallow baking dish; drizzle with 3 Tbsp. dressing.
- Bake 10 to 12 min. or until fish flakes easily with fork.
- Meanwhile, heat remaining dressing in large skillet on medium heat.
- Add garlic; cook and stir 1 min. Stir in spinach; cover. Cook 2 min.; uncover. Cook 30 sec. or just until spinach is wilted, turning frequently with tongs.
- Place spinach on 2 serving plates; sprinkle evenly with 2 tsp. cheese. Top with fish and dressing from baking dish.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:4.0517391211799%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 26.78kcal (1.34%), Fat: 1.69g (2.6%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.11g (0.12%), Cholesterol: 5.68mg (1.89%), Sodium: 44.45mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin K: 32.88µg (31.31%), Vitamin A: 648.47IU (12.97%), Selenium: 3.69µg (5.27%), Vitamin B12: 0.3µg (4.99%), Vitamin B6: 0.09mg (4.55%), Folate: 15.52µg (3.88%), Vitamin B3: 0.76mg (3.82%), Manganese: 0.07mg (3.36%), Vitamin B2: 0.05mg (2.96%), Phosphorus: 26.84mg (2.68%), Potassium: 84.83mg (2.42%), Vitamin C: 1.99mg (2.41%), Magnesium: 8.34mg (2.09%), Vitamin B1: 0.03mg (1.77%), Copper: 0.03mg (1.63%), Vitamin B5: 0.16mg (1.59%), Calcium: 15.47mg (1.55%), Iron: 0.26mg (1.47%)