

 100%
HEALTH SCORE

Mediterranean Salmon With White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz .5 can cannellini beans rinsed drained canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 1 medium onion coarsely chopped
- ☐ 4 servings garnish: parsley sprigs fresh
- ☐ 0.5 teaspoon pepper

- ☐ 24 oz salmon fillet
- ☐ 0.5 teaspoon salt

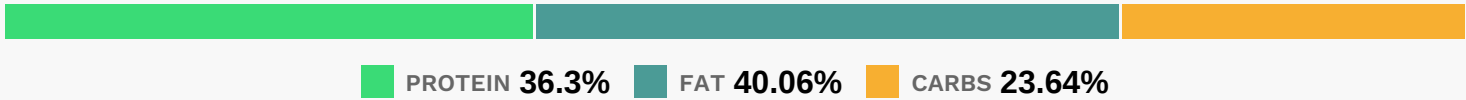
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Saut onion in 1 Tbsp. hot oil in a saucepan over medium heat 2 minutes or until slightly softened.
- ☐ Add beans, olives, and tomatoes; cook over medium heat, stirring occasionally, 2 minutes or until thoroughly heated.
- ☐ Remove from heat, and stir in basil.
- ☐ Sprinkle salmon fillets evenly with salt and pepper. Cook salmon in a large nonstick skillet in remaining 1 Tbsp. hot oil over medium-high heat 3 minutes on each side or until fish flakes easily. Spoon bean mixture evenly over salmon fillets, and serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:6.43, Inflammation Score:-8, Nutrition Score:37.773478259211%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 469.08kcal (23.45%), Fat: 20.82g (32.03%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 20.86g (7.58%), Sugar: 2.58g (2.87%), Cholesterol: 93.55mg (31.18%), Sodium: 639.53mg

(27.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.45g (84.89%), Selenium: 64.1µg (91.57%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.54mg (77.25%), Vitamin K: 80.75µg (76.9%), Vitamin B3: 13.85mg (69.24%), Phosphorus: 457.8mg (45.78%), Potassium: 1480.21mg (42.29%), Vitamin B2: 0.71mg (41.56%), Copper: 0.74mg (36.91%), Manganese: 0.7mg (35.16%), Vitamin B1: 0.52mg (34.7%), Folate: 129.75µg (32.44%), Vitamin B5: 3.12mg (31.2%), Magnesium: 115.33mg (28.83%), Iron: 5.13mg (28.48%), Fiber: 6.79g (27.14%), Vitamin E: 2.74mg (18.25%), Vitamin A: 836.28IU (16.73%), Zinc: 2.45mg (16.34%), Vitamin C: 12.64mg (15.32%), Calcium: 125.49mg (12.55%)