



Mustard Pepper Salmon with Red Wine Sauce



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large to 6 basil leaves fresh
- ☐ 1 tablespoon mustard seeds
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 teaspoons oregano leaves fresh
- ☐ 1 tablespoon pepper freshly ground
- ☐ 0.5 cup red wine
- ☐ 20 ounce fillets salmon fresh
- ☐ 4 small zucchini

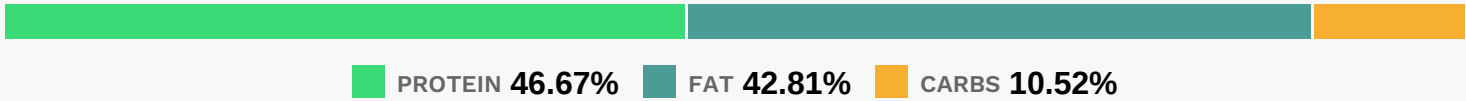
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Boil or microwave the whole zucchini until just cooked through. Allow to cool enough to slice into thin strips. Set aside.
- ☐ Remove the skin and bones from the salmon.
- ☐ Combine the pepper, mustard seeds, and oregano and press onto the salmon tops to coat.
- ☐ Heat the oil in a nonstick pan and cook the salmon for 1 to 2 minutes on each side.
- ☐ Transfer to a baking dish and keep warm in a very low oven.
- ☐ Pour the red wine into the pan and cook until the wine reduces and thickens. Return the zucchini strips to a separate saucepan with a little water or stock and the basil and reheat.
- ☐ Serve the salmon over the zucchini and spoon over the red wine sauce.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:27.515652055326%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg

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Nutrients (% of daily need)

Calories: 285kcal (14.25%), Fat: 12.46g (19.16%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 4.56g (1.66%), Sugar: 3.37g (3.75%), Cholesterol: 77.96mg (25.99%), Sodium: 73.97mg (3.22%), Alcohol: 3.18g (100%), Alcohol %: 1.36% (100%), Protein: 30.55g (61.09%), Selenium: 57.88µg (82.68%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.4mg (69.76%), Vitamin B3: 11.94mg (59.69%), Vitamin B2: 0.67mg (39.67%), Phosphorus: 362.08mg (36.21%), Potassium: 1094.67mg (31.28%), Manganese: 0.58mg (29.21%), Vitamin B1: 0.4mg (26.71%), Vitamin B5: 2.66mg (26.62%), Vitamin C: 21.41mg (25.95%), Copper: 0.47mg (23.29%), Magnesium: 81.64mg (20.41%), Folate: 71.41µg (17.85%), Vitamin K: 16.88µg (16.08%), Iron: 2.5mg (13.89%), Zinc: 1.54mg (10.28%), Fiber: 2.33g (9.31%), Calcium: 68.95mg (6.89%), Vitamin A: 340.47IU (6.81%), Vitamin E: 0.77mg (5.14%)