



WHATSheATE



HEALTH SCORE

100%

## Pan-fried salmon with watercress, polenta croutons & capers



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 250 g precooked polenta tube bought cooked (follow pack instructions and allow it to cool and set on a tray)
- ☐ 50 g flour plain
- ☐ 3 tbsp olive oil
- ☐ 6 fillet salmon boneless skinless
- ☐ 200 g watercress thick washed and stalks removed
- ☐ 2 tbsp capers in brine drained
- ☐ 1 tablespoon juice of lemon

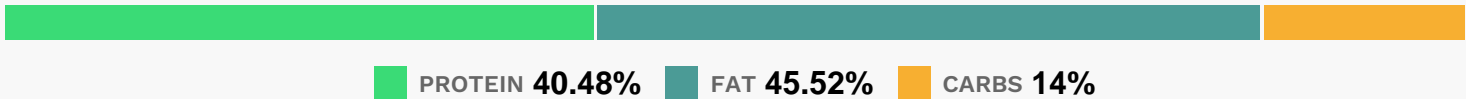
# Equipment

- ☐ oven
- ☐ baking pan
- ☐ cocktail sticks

# Directions

- ☐ Cut the polenta into approximately 1.5cm cubes, toss in flour and fry in a little oil until slightly coloured. Keep warm.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Heat the remaining oil in a non-stick pan and fry the salmon portions for 1 min on each side until lightly golden, then transfer to a non-stick baking tray and cook in the oven for 8-10 mins. Test the fish to see if it is cooked by pushing a cocktail stick into the top of it. If the fish offers resistance, then it is not fully cooked and will need further cooking. When cooked, remove from the oven and set to one side.
- ☐ Dress the watercress with a little olive oil and a few drops of lemon juice. Scatter the polenta croutons and capers over each salmon fillet and serve with the watercress.

# Nutrition Facts



# Properties

Glycemic Index:17.83, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:31.509999669116%

# Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 11.44mg, Kaempferol: 11.44mg, Kaempferol: 11.44mg, Kaempferol: 11.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg

# Nutrients (% of daily need)

Calories: 363.07kcal (18.15%), Fat: 18g (27.7%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 11.85g (4.31%), Sugar: 0.21g (0.23%), Cholesterol: 93.5mg (31.17%), Sodium: 169.01mg (7.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.05%), Selenium: 66.34µg (94.77%), Vitamin B12: 5.41µg (90.1%), Vitamin K: 88.28µg (84.07%), Vitamin B6: 1.45mg (72.39%), Vitamin B3: 14.01mg (70.07%), Vitamin B2: 0.73mg (43.18%), Phosphorus: 374.07mg (37.41%), Vitamin B1: 0.49mg (32.52%), Vitamin B5: 3.01mg (30.05%), Potassium: 964.46mg (27.56%), Copper: 0.48mg (24.06%), Vitamin A: 1148.69IU (22.97%), Vitamin C: 15.42mg (18.7%), Folate: 62.33µg (15.58%), Magnesium: 61.31mg (15.33%), Iron: 1.97mg (10.94%), Vitamin E: 1.38mg (9.22%), Manganese: 0.18mg (8.77%), Zinc: 1.22mg (8.15%), Calcium: 64.27mg (6.43%), Fiber: 0.62g (2.46%)