



Pan-Roasted Salmon and Fresh Fennel

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup cooking wine dry white
- 4 servings fennel fronds minced
- 2 large fennel bulbs fresh thinly sliced
- 2 tablespoons flour all-purpose
- 1 tablespoon thyme leaves fresh
- 2 garlic cloves minced
- 0.5 teaspoon kosher salt

- 2 tablespoons olive oil
- 1.5 pounds salmon steaks

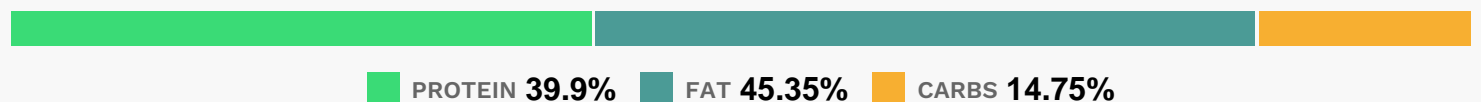
Equipment

- frying pan
- knife

Directions

- Dredge the fish in the flour. Meanwhile, heat the oil in a large skillet over medium heat until it shimmers.
- Add the fish and brown about 3 minutes on each side. Carefully lift the fish out of the skillet and set it aside on a platter; sprinkle with the salt and pepper.
- Add the garlic and fennel to the skillet and saut until fennel is limp. Reduce heat to low and return the fish to the pan.
- Add wine or water and thyme. Cover and cook 5 minutes or until the fish flakes when tested with a fork or the tip of a knife.
- Sprinkle fish with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:33.088695526123%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 382.5kcal (19.13%), Fat: 18.1g (27.84%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 9.18g (3.34%), Sugar: 4.95g (5.5%), Cholesterol: 93.55mg (31.18%), Sodium: 429.04mg (18.65%), Alcohol: 3.09g (100%), Alcohol %: 1.18% (100%), Protein: 35.82g (71.64%), Selenium: 64.43µg (92.04%), Vitamin B12: 5.41µg (90.15%), Vitamin K: 78.64µg (74.89%), Vitamin B6: 1.49mg (74.42%), Vitamin B3: 14.42mg (72.11%), Vitamin B2: 0.72mg (42.19%), Phosphorus: 412.95mg (41.3%), Potassium: 1365.44mg (39.01%), Vitamin B5: 3.15mg (31.52%), Vitamin B1: 0.43mg (28.74%), Copper: 0.53mg (26.27%), Vitamin C: 17.43mg (21.13%), Folate: 82.4µg (20.6%), Magnesium: 76.57mg (19.14%), Manganese: 0.38mg (19.1%), Fiber: 4.06g (16.24%), Iron: 2.86mg (15.89%), Vitamin E: 1.7mg (11.31%), Zinc: 1.44mg (9.59%), Calcium: 91.99mg (9.2%), Vitamin A: 309.98IU (6.2%)