



Pan-Roasted Salmon and Sweet Onions



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup oil-cured olives black pitted
- ☐ 2 tablespoons olive oil

- ☐ 1.5 pounds salmon steaks
- ☐ 2 large onions yellow sliced

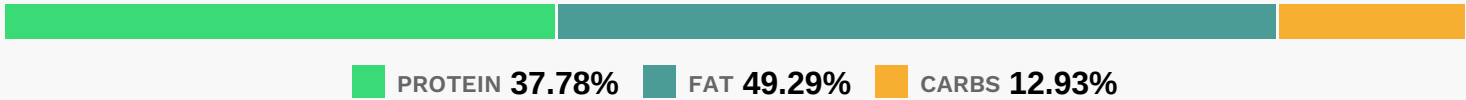
Equipment

- ☐ 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 onions to the skillet and saut until onions are limp. Reduce heat to low and return the fish to the pan.
- ☐ Add thyme, olives, wine or water. Cover and cook 5 minutes or until the fish flakes when tested with a fork or the tip of a knife.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:27.855217270229%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg

Nutrients (% of daily need)

Calories: 383.71kcal (19.19%), Fat: 20.55g (31.61%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 9.65g (3.51%), Sugar: 3.37g (3.74%), Cholesterol: 93.55mg (31.18%), Sodium: 632.96mg (27.52%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 35.44g (70.88%), Selenium: 64.11µg (91.59%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.52mg (76.15%), Vitamin B3: 13.8mg (69.01%), Vitamin B2: 0.71mg (41.52%), Phosphorus: 374.18mg (37.42%), Vitamin B1: 0.46mg (30.47%), Vitamin B5: 2.97mg (29.71%), Potassium: 988.19mg (28.23%), Copper: 0.51mg (25.3%), Magnesium: 66.41mg (16.6%), Folate: 65.86µg (16.46%), Vitamin C: 11.62mg (14.09%), Iron: 2.48mg (13.79%), Manganese: 0.26mg (12.85%), Vitamin E: 1.67mg (11.14%), Fiber: 2.48g (9.92%), Zinc: 1.34mg (8.94%), Calcium: 65.26mg (6.53%), Vitamin A: 302.82IU (6.06%), Vitamin K: 4.98µg (4.74%)