



Pan-Roasted Salmon with Collards and Radish Raita



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup greek yogurt plain 2%
- ☐ 1 pinch ground pepper
- ☐ 2 bunches collard greens cut into 1" strips (14 cups)
- ☐ 0.5 cup daikon radish shredded white peeled (Japanese radish)
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 garlic clove sliced
- ☐ 4 servings pepper freshly ground

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 2 radishes red trimmed thinly sliced
- ☐ 24 ounce salmon fillet
- ☐ 1 tablespoon sherry vinegar

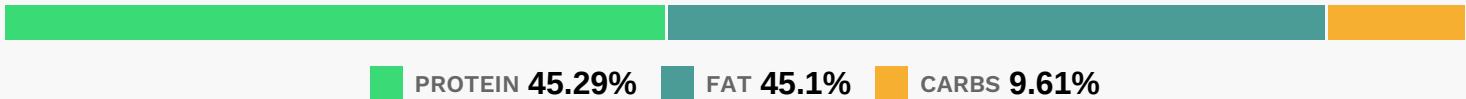
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350°F. Squeeze excess liquid from daikon and cucumber.
- ☐ Mix with yogurt,lemon juice, mint, and cayenne in a small bowl; season with salt and pepper. Set the raita aside.
- ☐ Heat 1 tablespoon oil in a large heavy pot over medium heat.
- ☐ Add garlic and cook, stirring constantly, just until fragrant, about 1 minute.
- ☐ Add collard greens to pot, reduce heat to low, cover, and cook, tossing occasionally, until tender, 10–15 minutes.
- ☐ Meanwhile, heat 1 tablespoon oil in a large ovenproof skillet over medium heat. Season fish with salt and pepper; cook skin side down until skin is crisp, 5–8 minutes.
- ☐ Transfer to oven (do not turn fish); roast until opaque in the center, about 4 minutes.
- ☐ Add radishes and vinegar to collard greens; season with salt and pepper and toss to combine. Divide greens, salmon, and reserved raita among plates.
- ☐ Per serving: 370 calories, 18 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:43.750869543656%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 8.37mg, Kaempferol: 8.37mg, Kaempferol: 8.37mg, Kaempferol: 8.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 373.05kcal (18.65%), Fat: 18.61g (28.63%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.68g (2.98%), Cholesterol: 96.05mg (32.02%), Sodium: 114mg (4.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.05g (84.1%), Vitamin K: 419.64µg (399.66%), Vitamin A: 4902.86IU (98.06%), Selenium: 68.61µg (98.02%), Vitamin B12: 5.76µg (95.98%), Vitamin B6: 1.61mg (80.64%), Vitamin B3: 14.26mg (71.28%), Vitamin B2: 0.92mg (54.15%), Vitamin C: 40.83mg (49.49%), Folate: 176.15µg (44.04%), Phosphorus: 440.02mg (44%), Manganese: 0.72mg (35.97%), Potassium: 1168.12mg (33.37%), Vitamin B5: 3.3mg (32.97%), Calcium: 307.7mg (30.77%), Vitamin B1: 0.46mg (30.39%), Copper: 0.51mg (25.34%), Magnesium: 85.18mg (21.3%), Vitamin E: 3.18mg (21.21%), Fiber: 4.25g (17%), Iron: 2.07mg (11.5%), Zinc: 1.62mg (10.79%)