



Pan-Sautéed Simple Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 24 ounce salmon fillet with skin
- ☐ 1 teaspoon salt

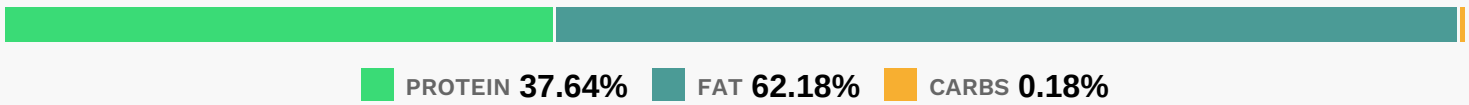
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle salmon with salt and pepper.
- ☐ In a large skillet, pour enough olive oil so that the oil will come up to about half the height of the fish.
- ☐ Add fillets, skin side down, and cook 2 to 3 minutes on each side or to desired degree of doneness.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:24.090434908867%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 365.93kcal (18.3%), Fat: 24.79g (38.14%), Saturated Fat: 3.6g (22.53%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0g (0%), Cholesterol: 93.55mg (31.18%), Sodium: 656.54mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.55%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.1µg (88.71%), Vitamin B6: 1.39mg (69.61%), Vitamin B3: 13.37mg (66.86%), Vitamin B2: 0.65mg (38.05%), Phosphorus: 340.59mg (34.06%), Vitamin B5: 2.83mg (28.34%), Vitamin B1: 0.38mg (25.65%), Potassium: 837.06mg (23.92%), Copper: 0.43mg (21.45%), Vitamin E: 2.02mg (13.46%), Magnesium: 49.77mg (12.44%), Folate: 42.57µg (10.64%), Vitamin K: 8.84µg (8.42%), Iron: 1.47mg (8.16%), Zinc: 1.09mg (7.29%), Manganese: 0.06mg (3.03%), Calcium: 22.02mg (2.2%), Vitamin A: 69.41IU (1.39%)