



Pan Seared Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



2

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tbsp optional: dill fresh chopped
- 1 garlic clove sliced
- 1 tbsp juice of lemon
- 2 servings lemon wedges
- 0.3 cup olive oil
- 12 oz salmon fillet
- 0.1 teaspoon salt

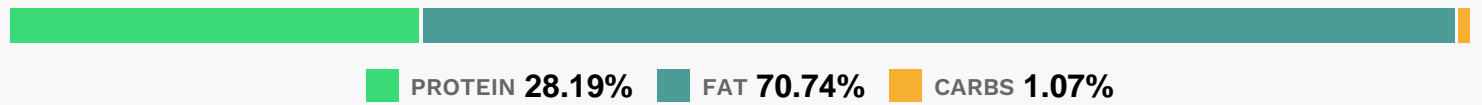
Equipment

- bowl
- frying pan

Directions

- In a bowl combine 1 tbsp olive oil, salt, pepper, garlic, lemon juice, and dill.
- Add salmon fillets.
- Let them marinate for 15 minutes at room temperature. Preheat a large skillet on medium heat for 2 minutes.
- Add 1 tsp olive oil and then add salmon. Cook for 5 minutes per side. Salmon should be done when it flakes easily with a fork.
- Transfer to plates.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:25.498695652174%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Taste

Sweetness: 21.94%, Saltiness: 100%, Sourness: 34.57%, Bitterness: 16.25%, Savoriness: 74.72%, Fattiness: 77.6%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 485.11kcal (24.26%), Fat: 37.82g (58.19%), Saturated Fat: 5.4g (33.77%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.23g (0.26%), Cholesterol: 93.55mg (31.18%), Sodium: 221.25mg (9.62%), Protein: 33.91g (67.83%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.32µg (89.03%), Vitamin B6: 1.42mg (70.77%), Vitamin B3: 13.39mg (66.97%), Vitamin B2: 0.65mg (38.26%), Phosphorus: 343.78mg (34.38%), Vitamin B5: 2.86mg (28.55%), Vitamin E: 3.9mg (26.03%), Vitamin B1: 0.39mg (26%), Potassium: 853.69mg (24.39%), Copper: 0.44mg (21.75%), Vitamin K: 16.69µg (15.89%), Magnesium: 50.77mg (12.69%), Folate: 44.52µg (11.13%), Iron: 1.59mg (8.82%), Zinc: 1.12mg (7.44%), Vitamin C: 4.07mg (4.93%), Manganese: 0.09mg (4.41%), Calcium: 25.72mg (2.57%), Vitamin A: 85.65IU (1.71%)