



 **51%**
HEALTH SCORE

Pan-Seared Salmon

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon kosher salt
- 1 teaspoon butter light
- 1 teaspoon olive oil
- 1 Dash pepper
- 16 ounce salmon fillet

Equipment

- frying pan

Directions

- Sprinkle salmon with salt and pepper.
- Add oil and butter to a large nonstick skillet; place over medium-high heat until hot.
- Add salmon, and cook 6 minutes, turning and browning evenly on all sides. Reduce heat to medium, and cook 2 to 3 minutes or just until fish flakes easily when tested with a fork.

Nutrition Facts

PROTEIN 53.02% **FAT 46.94%** **CARBS 0.04%**

Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:15.458695750441%

Nutrients (% of daily need)

Calories: 176.08kcal (8.8%), Fat: 8.87g (13.64%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 0.02g (0.01%), Net Carbohydrates: 0.01g (0%), Sugar: 0g (0%), Cholesterol: 63.68mg (21.23%), Sodium: 195.71mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.08%), Vitamin B12: 3.61µg (60.13%), Selenium: 41.4µg (59.15%), Vitamin B6: 0.93mg (46.39%), Vitamin B3: 8.91mg (44.57%), Vitamin B2: 0.43mg (25.4%), Phosphorus: 227.25mg (22.73%), Vitamin B5: 1.89mg (18.87%), Vitamin B1: 0.26mg (17.1%), Potassium: 556.9mg (15.91%), Copper: 0.28mg (14.2%), Magnesium: 32.99mg (8.25%), Folate: 28.37µg (7.09%), Iron: 0.93mg (5.17%), Zinc: 0.73mg (4.86%), Calcium: 14.41mg (1.44%), Vitamin A: 66.42IU (1.33%), Manganese: 0.02mg (1.09%), Vitamin E: 0.16mg (1.09%)