



Pan Seared Salmon and Haricot Verts Potato Salad

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

Ingredients

- 1 ounce apple juice
- 2 tablespoons butter
- 1 tablespoon garlic minced
- 2 ounces grapeseed oil
- 1 teaspoon ground pepper
- 2 cups haricot verts fresh
- 1 ounce juice of lemon

- 2 lemons whole
- 2 ounces olive oil
- 0.5 cup thin- onion red
- 30 ounce salmon fillet
- 1 tablespoon salt
- 1 ounce mustard stone ground
- 1 cup small-cubed yukon gold potatoes peeled

Equipment

- frying pan
- oven

Directions

- For the salmon: Preheat the oven to 400 degrees F. In a saute pan over medium-high heat, add the olive oil and allow to warm.
- Sprinkle the salmon with the salt and pepper, and then add to the pan. Sear the salmon on first side until browned, 3 to 4 minutes. Then flip the fillets and repeat the process, reducing the heat to medium for the second side. Fish will be medium at this stage. Finish in the oven for additional desired cooking. Once cooked, squeeze the lemons over the fish and into pan and allow the salmon to rest while cooking the vegetables.
- Add the grape seed oil to a saute pan over high heat and allow to warm. Then add the potatoes and onions, cooking until the onions soften, 3 to 4 minutes. Next, add the beans, garlic, apple juice, lemon juice and mustard, reducing the heat to medium. Cook until beans have softened, a final 3 minutes.
- Remove from the heat and stir in the butter.
- Serve the salad in center of the plate. Top with the salmon and drizzle with the vegetable pan sauce.

Nutrition Facts



Properties

Glycemic Index:70.17, Glycemic Load:7.03, Inflammation Score:-7, Nutrition Score:28.158695946569%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 7.92mg, Eriodictyol: 7.92mg, Eriodictyol: 7.92mg, Eriodictyol: 7.92mg Hesperetin: 10.73mg, Hesperetin: 10.73mg, Hesperetin: 10.73mg, Hesperetin: 10.73mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 468.24kcal (23.41%), Fat: 32.1g (49.39%), Saturated Fat: 6.07g (37.93%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 12.38g (4.5%), Sugar: 3.63g (4.03%), Cholesterol: 87.99mg (29.33%), Sodium: 1313.63mg (57.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.03%), Selenium: 54.16µg (77.37%), Vitamin B12: 4.52µg (75.26%), Vitamin B6: 1.4mg (69.81%), Vitamin B3: 11.93mg (59.63%), Vitamin C: 34.61mg (41.96%), Vitamin B2: 0.61mg (35.79%), Phosphorus: 339.03mg (33.9%), Potassium: 1035.04mg (29.57%), Vitamin E: 4.43mg (29.53%), Vitamin B1: 0.42mg (27.79%), Vitamin B5: 2.68mg (26.83%), Copper: 0.45mg (22.75%), Vitamin K: 23.22µg (22.12%), Magnesium: 67.37mg (16.84%), Folate: 61.85µg (15.46%), Manganese: 0.28mg (14.09%), Fiber: 3.43g (13.73%), Iron: 2.27mg (12.59%), Vitamin A: 440.92IU (8.82%), Zinc: 1.21mg (8.09%), Calcium: 57.2mg (5.72%)