



HEALTH SCORE

100%

Pan Seared Salmon on Baby Arugula



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby arugula leaves
- ☐ 0.7 cup cherry tomatoes halved
- ☐ 1.5 Tbsp juice of lemon fresh
- ☐ 1 Tbsp olive oil extra-virgin
- ☐ 0.3 cup thinly slivered onion red
- ☐ 1 Tbsp red-wine vinegar
- ☐ 12 oz center-cut salmon fillets
- ☐ 2 servings salt and pepper black freshly ground to taste

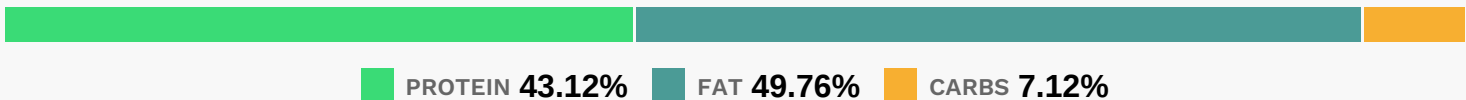
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Place the salmon fillets in a shallow bowl. Toss well with lemon juice, olive oil, salt and pepper.
- ☐ Let rest for 15 minutes.
- ☐ Cook the salmon, skinside down in a nonstick skillet over medium-high heat for 2 to 3 minutes, shaking the pan and carefully lifting the salmon with a spatula to loosen it from the pan.
- ☐ Reduce the heat to medium. Cover the pan and cook until the salmon is cooked through, 3 to 4 minutes more. The skin should be crisp and the flesh medium rare.
- ☐ Meanwhile, combine the arugula, tomatoes and onion in a bowl. Just before serving, season with salt and pepper and drizzle with oil and vinegar. Toss well.
- ☐ PARADE
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:30.14782611835%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 332kcal (16.6%), Fat: 18.09g (27.83%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.59g (1.67%), Sugar: 2.98g (3.32%), Cholesterol: 93.55mg (31.18%), Sodium: 90.07mg (3.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.53%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.54µg (89.34%), Vitamin B6: 1.48mg (74.1%), Vitamin B3: 13.76mg (68.8%), Vitamin B2: 0.69mg (40.61%), Phosphorus: 377.15mg (37.72%), Vitamin K: 38.55µg (36.71%), Potassium: 1097.54mg (31.36%), Vitamin B5: 3.07mg (30.66%), Vitamin B1: 0.43mg (28.5%), Vitamin C: 21.69mg (26.3%), Copper: 0.5mg (24.85%), Folate: 84.15µg (21.04%), Vitamin A: 1024.43IU (20.49%), Magnesium: 71.04mg (17.76%), Iron: 2.27mg (12.61%), Manganese: 0.22mg (10.95%), Vitamin E: 1.44mg (9.58%), Zinc: 1.34mg (8.95%), Calcium: 80.11mg (8.01%), Fiber: 1.23g (4.91%)