



## Pan-Seared Salmon Puttanesca

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.3 cup olives black pitted chopped
- 14.5 oz canned tomatoes diced drained canned
- 2 Tbsp capers rinsed drained
- 5 tsp grey poupon dijon mustard
- 0.3 cup parsley fresh divided chopped
- 1 clove garlic minced
- 1 Tbsp oil

- 0.5 cup onions chopped
- 1 lb salmon fillet tile-shaped cut into 4 pieces
- 0.3 cup sun-dried tomatoes chopped

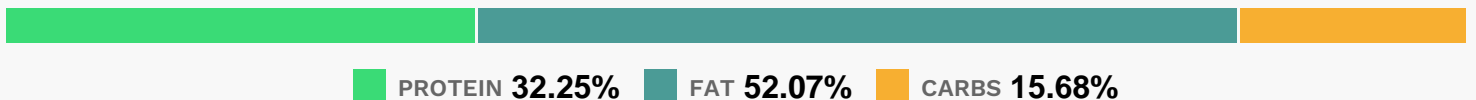
## Equipment

- frying pan

## Directions

- Coat fish with mustard.
- Heat oil in medium skillet on medium-high heat.
- Add fish; cook 3 min. on each side or until browned on both sides.
- Remove fish from skillet; cover to keep warm.
- Add onions and garlic to skillet; cook 3 min., stirring occasionally.
- Add all remaining ingredients except 1 Tbsp. parsley. Cook 5 min.; stir. Top with fish; cover. Cook 4 to 5 min. or until fish flakes easily with fork.
- Sprinkle with remaining parsley.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:27.067825835684%

## Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

## Nutrients (% of daily need)

Calories: 309.21kcal (15.46%), Fat: 18.04g (27.75%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.15g (3.33%), Sugar: 6.57g (7.3%), Cholesterol: 62.37mg (20.79%), Sodium: 660.13mg (28.7%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 25.14g (50.28%), Vitamin K: 91.79µg (87.42%), Selenium: 44.34µg (63.34%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.11mg (55.51%), Vitamin B3: 10.44mg (52.22%), Vitamin B2: 0.54mg (31.93%), Potassium: 1059.21mg (30.26%), Phosphorus: 288.16mg (28.82%), Vitamin C: 20.83mg (25.24%), Copper: 0.5mg (25.02%), Vitamin B1: 0.37mg (24.55%), Vitamin B5: 2.22mg (22.23%), Iron: 3.11mg (17.26%), Magnesium: 67.56mg (16.89%), Manganese: 0.3mg (15%), Vitamin A: 690.88IU (13.82%), Folate: 54.35µg (13.59%), Fiber: 3.08g (12.32%), Vitamin E: 1.74mg (11.57%), Calcium: 77.4mg (7.74%), Zinc: 1.16mg (7.73%)