



HEALTH SCORE

79%

Pan Seared Salmon with Avocado Remoulade



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large avocados peeled
- ☐ 3 tablespoons juice of lime freshly squeezed (can substitute lemon)
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon green onion minced
- ☐ 1 tablespoon parsley minced
- ☐ 1 teaspoon dijon mustard or to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pounds salmon fillet

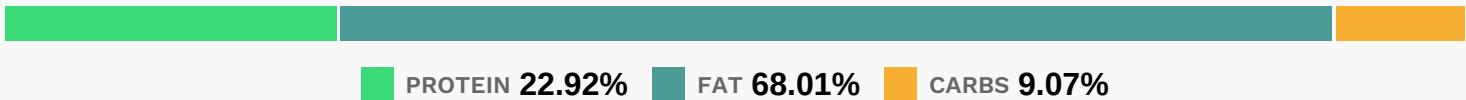
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Make avocado remoulade sauce: Put avocado pieces and lime juice into a food processor or blender and pulse until blended.
- ☐ Slowly add olive oil, pulsing, until you reach desired consistency of sauce.
- ☐ Add minced shallots (or green onions) and parsley, pulse just until combined.
- ☐ Remove to a bowl, add mustard, salt and pepper to taste.
- ☐ Sauté salmon fillets:
- ☐ Heat a tablespoon of oil in a sauté pan on medium high heat.
- ☐ Season both sides of the salmon fillets with salt and pepper.
- ☐ Place the fillets in the hot pan and lower the heat to medium.
- ☐ If your fillets are skin-on, you can either place the fillets in the pan skin-side up or skin-side down. If you first place the fillets skin-side up, the fillets will be easier to turn over without falling apart, because the raw skin will help hold the fillet together. If you place the fillets in the pan skin-side down to start, this will help crisp up the skin, which can be a tasty treat on its own.
- ☐ Cook the salmon until about medium doneness, about 3-4 minutes per side.
- ☐ Serve salmon with avocado remoulade sauce.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:26.099999977195%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 419.06kcal (20.95%), Fat: 32.52g (50.04%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.91g (1.02%), Cholesterol: 62.37mg (20.79%), Sodium: 265.71mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.33%), Selenium: 42.24µg (60.34%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.19mg (59.64%), Vitamin B3: 10.71mg (53.53%), Vitamin K: 47.02µg (44.78%), Vitamin B2: 0.57mg (33.31%), Vitamin B5: 3.31mg (33.06%), Potassium: 1067.94mg (30.51%), Folate: 113.45µg (28.36%), Phosphorus: 283.12mg (28.31%), Fiber: 6.9g (27.62%), Vitamin E: 3.64mg (24.25%), Copper: 0.48mg (24.06%), Vitamin B1: 0.33mg (22.03%), Vitamin C: 15.04mg (18.23%), Magnesium: 64.34mg (16.08%), Zinc: 1.4mg (9.35%), Iron: 1.63mg (9.08%), Manganese: 0.17mg (8.63%), Vitamin A: 297.8IU (5.96%), Calcium: 30.72mg (3.07%)