



HEALTH SCORE

81%

Pan Seared Salmon with Citrus Vinegar Glaze and Green Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 pound green beans trimmed
- ☐ 2 teaspoons juice of lemon
- ☐ 1 slices lemon rind
- ☐ 4 servings olive oil extra-virgin for brushing fish

- ☐ 2 tablespoons orange juice
- ☐ 24 ounce salmon fillet
- ☐ 4 servings salt and pepper

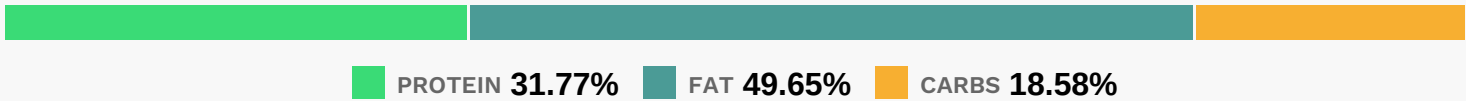
Equipment

- ☐ frying pan

Directions

- ☐ Preheat a cast iron pan or heavy bottomed skillet over medium high heat.
- ☐ Brush the salmon fillets with oil. Season with salt and pepper. Cook salmon until just cooked through, about 3 minutes on each side.
- ☐ While salmon cooks, bring wine, vinegar, citrus juices and brown sugar to a boil over high heat. Reduce glaze 3 or 4 minutes, until thickened.
- ☐ Remove from heat. Stir in 1/2 teaspoon coarse black pepper.
- ☐ In a second skillet, bring 1/2-inch water to a boil with green beans and pieces of orange and/or lemon rind. Cover the green beans and cook 3 or 4 minutes.
- ☐ Drain the beans and toss with a drizzle of oil (optional) and season with salt and pepper.
- ☐ Drizzle glaze over salmon fillets and serve with citrus green beans.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:5.51, Inflammation Score:-8, Nutrition Score:32.90173949366%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin:

3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 480.39kcal (24.02%), Fat: 25.06g (38.55%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 17.98g (6.54%), Sugar: 15.36g (17.06%), Cholesterol: 93.55mg (31.18%), Sodium: 286.35mg (12.45%), Alcohol: 3.09g (100%), Alcohol %: 1.04% (100%), Protein: 36.08g (72.16%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.88µg (89.83%), Vitamin B6: 1.57mg (78.69%), Vitamin B3: 14.28mg (71.39%), Vitamin K: 57.32µg (54.59%), Vitamin B2: 0.77mg (45.41%), Phosphorus: 396.66mg (39.67%), Potassium: 1157.88mg (33.08%), Vitamin B1: 0.49mg (32.49%), Vitamin B5: 3.13mg (31.27%), Copper: 0.52mg (26.02%), Vitamin C: 19.37mg (23.48%), Magnesium: 86.17mg (21.54%), Folate: 83.39µg (20.85%), Manganese: 0.35mg (17.74%), Vitamin A: 867.76IU (17.36%), Vitamin E: 2.49mg (16.59%), Iron: 2.98mg (16.57%), Fiber: 3.11g (12.45%), Zinc: 1.43mg (9.54%), Calcium: 80.34mg (8.03%)