



Pan-Seared Salmon with Kalamata Olives and Salsa Cruda



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons olive oil extra virgin divided
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 1 teaspoon lemon zest
- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 2 tablespoons onion red finely chopped

- ☐ 32 ounce skin-on salmon fillets frozen thawed
- ☐ 0.8 teaspoon salt divided

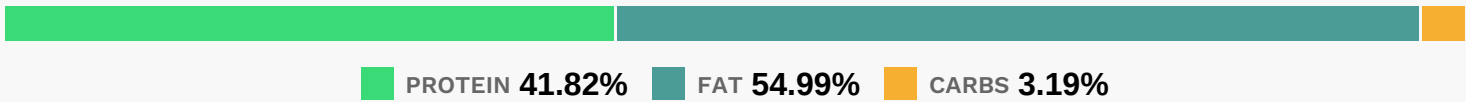
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients, 1/4 teaspoon salt, and 2 tablespoons oil in a small bowl.
- ☐ Mix well, and set aside.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Sprinkle salmon with pepper and remaining 1/2 teaspoon salt.
- ☐ Place salmon in skillet, skin sides up; cook 5 minutes on each side or until skin is crisp and fish flakes easily with a fork.
- ☐ Transfer salmon to serving plates, and top each fillet evenly with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:34.390434845634%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 445.1kcal (22.25%), Fat: 26.74g (41.15%), Saturated Fat: 3.93g (24.53%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.87g (2.07%), Cholesterol: 124.74mg (41.58%), Sodium: 715.86mg (31.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.77g (91.54%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.92µg (118.46%), Vitamin B6: 1.91mg (95.75%), Vitamin B3: 18.24mg (91.2%), Vitamin B2: 0.88mg (51.63%),

Phosphorus: 471.11mg (47.11%), Vitamin K: 44.18µg (42.07%), Vitamin B5: 3.85mg (38.47%), Potassium: 1277.24mg (36.49%), Vitamin B1: 0.54mg (36.08%), Copper: 0.62mg (31.14%), Magnesium: 75.31mg (18.83%), Folate: 69.98µg (17.5%), Vitamin A: 797.14IU (15.94%), Vitamin E: 2.28mg (15.19%), Vitamin C: 11.78mg (14.28%), Iron: 2.24mg (12.46%), Zinc: 1.59mg (10.6%), Manganese: 0.13mg (6.52%), Fiber: 1.32g (5.27%), Calcium: 44.49mg (4.45%)