



## Pan-Seared Salmon with Kale and Apple Salad

READY IN



40 min.

SERVINGS



4

CALORIES



1681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 honeycrisp apple
- 4 servings pepper black freshly ground
- 0.3 cup dates
- 4 dinner rolls whole wheat
- 6 cups kale very thinly sliced
- 4 servings kosher salt
- 3 tablespoons juice of lemon fresh
- 3 tablespoons olive oil
- 0.3 cup pecorino finely grated

- 20 ounce center-cut salmon fillets ( )
- 3 tablespoons slivered almonds toasted

## Equipment

- bowl
- frying pan
- oven
- whisk
- spatula

## Directions

- Bring the salmon to room temperature 10 minutes before cooking.
- Meanwhile, whisk together the lemon juice, 2 tablespoons of the olive oil and 1/4 teaspoon salt in a large bowl.
- Add the kale, toss to coat and let stand 10 minutes.
- While the kale stands, cut the dates into thin slivers and the apple into matchsticks.
- Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
- Sprinkle the salmon all over with 1/2 teaspoon salt and some pepper.
- Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high.
- Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch, about 3 minutes more.
- Divide the salmon, salad and rolls evenly among four plates.

## Nutrition Facts

 PROTEIN 22.12%  FAT 68.76%  CARBS 9.12%

## Properties

Glycemic Index:38.25, Glycemic Load:5, Inflammation Score:-6, Nutrition Score:46.845217829165%

## Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 1681.22kcal (84.06%), Fat: 128.62g (197.88%), Saturated Fat: 49.73g (310.8%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 33.95g (12.34%), Sugar: 11.91g (13.24%), Cholesterol: 350.62mg (116.87%), Sodium: 745.62mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.1g (186.21%), Selenium: 128.12µg (183.03%), Vitamin B12: 10.08µg (167.97%), Vitamin B3: 26.85mg (134.24%), Vitamin B6: 2.55mg (127.65%), Zinc: 15.4mg (102.7%), Vitamin B2: 1.53mg (89.98%), Phosphorus: 849.41mg (84.94%), Vitamin B1: 0.81mg (53.71%), Iron: 9mg (49.99%), Potassium: 1700.02mg (48.57%), Copper: 0.75mg (37.27%), Magnesium: 146.81mg (36.7%), Manganese: 0.69mg (34.49%), Vitamin B5: 2.67mg (26.75%), Vitamin E: 3.71mg (24.7%), Calcium: 222.51mg (22.25%), Folate: 81µg (20.25%), Fiber: 4.46g (17.83%), Vitamin K: 14.36µg (13.67%), Vitamin C: 6.48mg (7.86%), Vitamin D: 0.74µg (4.94%), Vitamin A: 176.85IU (3.54%)