



Pan-Seared Salmon with Mushrooms and Spinach

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1.5 cups pre mushrooms
- 1 teaspoon olive oil
- 24 ounce salmon fillet ()
- 0.5 teaspoon salt divided

- 1 tablespoon shallots thinly sliced
- 2 cups pkt spinach fresh

Equipment

- frying pan

Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Sprinkle fish with 1/4 teaspoon salt and pepper.
- Add fish to pan; cook 5 minutes on each side or until fish flakes easily when tested with a fork.
- Remove fish from pan, and keep warm.
- Add oil and shallots to pan; saut 1 minute.
- Add mushrooms in a single layer; cook 2 minutes (do not stir). Cook an additional 2 minutes, stirring frequently.
- Add spinach; cook 30 seconds or until spinach wilts.
- Remove from heat; stir in 1/4 teaspoon salt, rind, and juice.
- Serve over fish.

Nutrition Facts

 **PROTEIN 54.67%**  **FAT 41.64%**  **CARBS 3.69%**

Properties

Glycemic Index:31.5, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:31.412608829529%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 264.37kcal (13.22%), Fat: 11.98g (18.42%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.53g (0.55%), Sugar: 1.03g (1.14%), Cholesterol: 93.55mg (31.18%), Sodium: 379.57mg (16.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.38g (70.75%), Selenium: 65.63µg (93.75%), Vitamin B12: 5.42µg (90.39%), Vitamin B3: 14.79mg (73.94%), Vitamin B6: 1.47mg (73.43%), Vitamin K: 73.28µg (69.79%), Vitamin B2: 0.82mg (48.28%), Phosphorus: 380.36mg (38.04%), Vitamin B5: 3.39mg (33.91%), Potassium: 1043.82mg (29.82%), Vitamin A: 1475.7IU (29.51%), Vitamin B1: 0.43mg (28.5%), Copper: 0.56mg (28.2%), Folate: 78.93µg (19.73%), Magnesium: 65.31mg (16.33%), Iron: 2mg (11.12%), Manganese: 0.2mg (10.14%), Zinc: 1.37mg (9.13%), Vitamin C: 6.3mg (7.64%), Calcium: 38.76mg (3.88%), Fiber: 0.86g (3.43%), Vitamin E: 0.46mg (3.05%)