



WHATSheATE



HEALTH SCORE

60%

Pan-Seared Salmon with Pumpkin Seed-Cilantro Pesto



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves packed (firmly)
- ☐ 0.5 teaspoon coriander seeds
- ☐ 0.5 garlic clove coarsely chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1 lime cut into 4 wedges
- ☐ 1 tablespoon juice of lime fresh ()
- ☐ 2.5 teaspoons olive oil extra virgin extra-virgin divided

- ☐ 0.5 cup pumpkin seeds shelled (pepitas)
- ☐ 24 ounce salmon fillet wild (preferably)

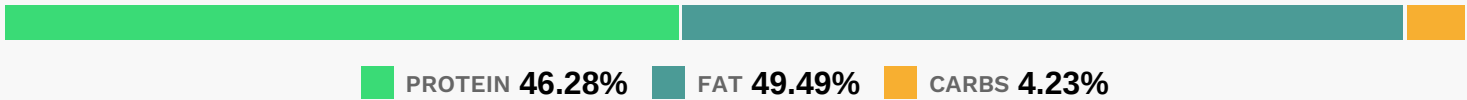
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add pumpkin seeds; sauté until beginning to brown and pop, about 2 minutes.
- ☐ Transfer seeds to paper towels to drain; let cool. Reserve skillet.
- ☐ Pulse 6 tablespoons pumpkin seeds, cilantro, coriander seeds, and garlic in a food processor until coarsely chopped. With machine running, gradually add 1 tablespoon lime juice, 1/4 cup oil, then 1/4 cup water, blending until coarse purée forms. Season pesto to taste with salt, pepper, and more lime juice, if desired.
- ☐ Heat remaining 1 teaspoon oil in reserved skillet over medium heat. Season salmon fillets with salt and pepper.
- ☐ Add to skillet and cook until just opaque in center, 3–4 minutes per side.
- ☐ Place fillets on plates. Spoon pesto over.
- ☐ Garnish with remaining pumpkin seeds.
- ☐ Serve with lime wedges.
- ☐ Per serving: 408 calories, 27 g fat, 3 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:27.472608877265%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 316.34kcal (15.82%), Fat: 17.3g (26.62%), Saturated Fat: 2.71g (16.97%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.48g (0.53%), Cholesterol: 93.55mg (31.18%), Sodium: 76.95mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.81%), Vitamin B12: 5.41µg (90.15%), Selenium: 63.05µg (90.07%), Vitamin B6: 1.42mg (70.97%), Vitamin B3: 13.84mg (69.19%), Phosphorus: 445.09mg (44.51%), Vitamin B2: 0.67mg (39.24%), Vitamin B5: 2.95mg (29.46%), Copper: 0.55mg (27.7%), Vitamin B1: 0.41mg (27.67%), Potassium: 936.11mg (26.75%), Magnesium: 99.6mg (24.9%), Manganese: 0.43mg (21.25%), Iron: 2.28mg (12.65%), Folate: 50.15µg (12.54%), Zinc: 1.76mg (11.75%), Vitamin C: 6.86mg (8.32%), Vitamin K: 8.58µg (8.17%), Fiber: 1.16g (4.63%), Vitamin A: 215.11IU (4.3%), Vitamin E: 0.63mg (4.21%), Calcium: 34.4mg (3.44%)