



Pan-Seared Salmon with Warm Vegetable Medley

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 oz baby spinach leaves
- 15 oz black beans drained canned
- 0.3 tsp ground pepper red (cayenne)
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 Tbsp oil divided
- 2 cups cabbage shredded red
- 1.5 lb salmon fillet

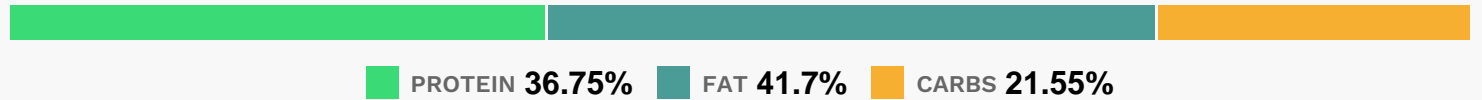
Equipment

frying pan

Directions

- Heat 1 Tbsp. oil in large skillet on medium-high heat.
- Add fish; cook 4 min. on each side or until fish flakes easily with fork and is golden brown on both sides.
- Remove from skillet; cover to keep warm.
- Heat remaining oil in skillet.
- Add cabbage; cook and stir 1 min.
- Add beans; cook 2 min. or until heated through. Stir in spinach; cook 2 min. or just until wilted, stirring occasionally.
- Remove from heat. Stir in dressing and pepper.
- Spoon cabbage mixture onto serving plates; top with fish.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:9.5439130326976%

Flavonoids

Cyanidin: 14.94mg, Cyanidin: 14.94mg, Cyanidin: 14.94mg, Cyanidin: 14.94mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 74.28kcal (3.71%), Fat: 3.44g (5.3%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.57g (0.63%), Cholesterol: 14.97mg (4.99%), Sodium: 110.62mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin K: 54.14µg (51.56%), Vitamin A: 1056.36IU (21.13%), Selenium: 10.35µg (14.78%), Vitamin B12: 0.87µg (14.42%), Vitamin B6: 0.27mg (13.44%), Vitamin

B3: 2.35mg (11.76%), Folate: 38.28µg (9.57%), Vitamin C: 7.41mg (8.98%), Vitamin B2: 0.15mg (8.72%), Phosphorus: 80.34mg (8.03%), Manganese: 0.15mg (7.7%), Potassium: 262.33mg (7.5%), Vitamin B1: 0.1mg (6.56%), Fiber: 1.55g (6.21%), Magnesium: 23.19mg (5.8%), Copper: 0.12mg (5.78%), Vitamin B5: 0.5mg (5.01%), Iron: 0.88mg (4.9%), Vitamin E: 0.47mg (3.12%), Calcium: 22.86mg (2.29%), Zinc: 0.34mg (2.25%)