



Pan-Seared Salmon with Watercress Purée



Gluten Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.8 cup bell pepper diced red
- 1.5 cups potatoes red cubed peeled
- 36 ounce skinned salmon fillets ()
- 0.5 teaspoon salt divided
- 1 pound torn spinach trimmed
- 2 tablespoons water
- 0.8 cup bell pepper diced yellow

Equipment

- food processor
- bowl
- frying pan
- dutch oven

Directions

- Bring 8 cups water to a boil in a large Dutch oven.
- Add potato, and cook 15 minutes.
- Add watercress, and cook an additional 10 minutes.
- Drain well.
- Place watercress-potato mixture, butter, and 1/4 teaspoon salt in a food processor, and process until smooth; set aside, and keep warm.
- Heat 2 tablespoons water in a large nonstick skillet over low heat.
- Add bell peppers; cover and cook 10 minutes or until tender, stirring occasionally. Spoon bell pepper mixture into a bowl; set aside, and keep warm.
- Sprinkle remaining 1/4 teaspoon salt over fish; set aside. Coat skillet with cooking spray, and place over medium-high heat until hot.
- Add fish, and cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- Spoon 1/3 cup pureed watercress mixture onto each of 6 plates; arrange 1 fillet on each plate, and top each with 2 tablespoons bell pepper mixture.

Nutrition Facts

 **PROTEIN 50.71%**  **FAT 40.54%**  **CARBS 8.75%**

Properties

Glycemic Index:19, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:39.061304444852%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 17.42mg, Kaempferol: 17.42mg, Kaempferol: 17.42mg, Kaempferol: 17.42mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 23.03mg, Quercetin: 23.03mg, Quercetin: 23.03mg, Quercetin: 23.03mg

Nutrients (% of daily need)

Calories: 289.58kcal (14.48%), Fat: 12.87g (19.81%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5g (1.82%), Sugar: 1.18g (1.31%), Cholesterol: 98.57mg (32.86%), Sodium: 319.37mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.46%), Vitamin K: 190.62µg (181.54%), Vitamin C: 92.14mg (111.68%), Vitamin B12: 5.41µg (90.22%), Selenium: 62.96µg (89.94%), Vitamin B6: 1.61mg (80.32%), Vitamin B3: 14.09mg (70.43%), Vitamin A: 3160.42IU (63.21%), Vitamin B2: 0.76mg (44.95%), Phosphorus: 406.86mg (40.69%), Potassium: 1247.65mg (35.65%), Vitamin B1: 0.48mg (32.2%), Vitamin B5: 3.21mg (32.1%), Copper: 0.53mg (26.63%), Magnesium: 73.9mg (18.48%), Folate: 66.18µg (16.55%), Manganese: 0.28mg (14.06%), Calcium: 117.19mg (11.72%), Iron: 1.82mg (10.09%), Zinc: 1.32mg (8.77%), Vitamin E: 1.11mg (7.38%), Fiber: 1.26g (5.02%)