



Poached Salmon with Arugula Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 1 garlic clove
- ☐ 1 lime thick cut into slices
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan cheese
- ☐ 0.3 cup pinenuts
- ☐ 1.5 pound salmon fillet cut into 4 pieces
- ☐ 4 servings salt and pepper

☐ 1 cup water

Equipment

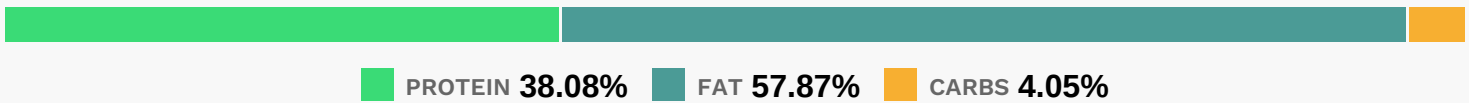
☐ food processor

☐ sauce pan

Directions

- ☐ Place the water in a large saucepan, add the lime and bring to a boil.
- ☐ Add the salmon fillets.Reduce the heat to low and simmer covered for 10 to 15 minutes.
- ☐ Place the arugula, pine nuts, garlic and olive oil in a food processor and process until a smooth paste is formed.
- ☐ Add the parmesan cheese, salt and pepper and process for about 20 seconds.To serve place the salmon in a serving plate, season with salt and pepper and spoon the pesto over the top.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:31.10086925263%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 406.3kcal (20.31%), Fat: 26.13g (40.21%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.05g (1.11%), Sugar: 0.97g (1.07%), Cholesterol: 99.22mg (33.07%), Sodium: 408.59mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.38%), Vitamin B12: 5.51µg (91.82%), Selenium: 64.24µg (91.78%), Vitamin B6: 1.43mg (71.67%), Vitamin B3: 13.96mg (69.78%), Manganese: 1.07mg (53.28%), Phosphorus: 472.08mg (47.21%), Vitamin B2: 0.71mg (41.9%), Copper: 0.61mg (30.34%), Vitamin B5: 2.99mg (29.88%), Vitamin B1: 0.44mg (29.3%), Potassium: 965.39mg (27.58%), Magnesium: 87.72mg (21.93%), Vitamin K:

20.47µg (19.49%), Calcium: 145.71mg (14.57%), Folate: 58µg (14.5%), Zinc: 2.12mg (14.16%), Iron: 2.34mg (13.01%),
Vitamin E: 1.93mg (12.84%), Vitamin C: 6.7mg (8.12%), Vitamin A: 382.13IU (7.64%), Fiber: 1.06g (4.24%)