

health-score100%

HEALTH SCORE

Salmon Florentine

 Gluten Free  Very Healthy

READY IN

ready

42 min.

SERVINGS

servings

4

CALORIES

calories

376 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 20 ounce pkt spinach frozen thawed
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 24 ounce salmon fillet dry rinsed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced

☐ 5 sun-dried tomatoes chopped

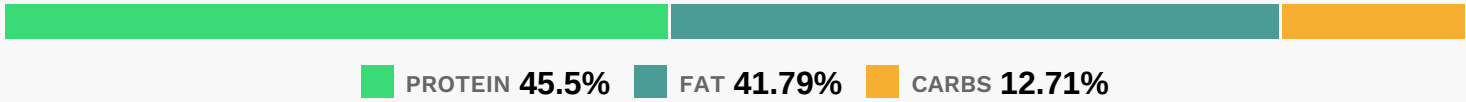
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F. Using your hands, squeeze spinach of all excess liquid.
- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Add shallots and garlic and cook for 3 minutes until they begin to soften.
- ☐ Add garlic and cook for 1 minute more.
- ☐ Add spinach, sun-dried tomatoes, red pepper flakes, 1/2 teaspoon salt and 1/4 teaspoon pepper and cook an additional 2 minutes.
- ☐ Remove from heat and let cool approximately 10 minutes.
- ☐ Add ricotta and stir to combine. Season with additional salt and pepper, to taste.
- ☐ Using your hands, pack approximately 1/2 cup spinach mixture on top of each salmon fillet, forming mixture to the shape of the fillet.
- ☐ Place fillets on a rimmed baking sheet or glass baking dish and bake for 15 minutes, until salmon is cooked through.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:48.123478514345%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 376.36kcal (18.82%), Fat: 17.66g (27.17%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 7.08g (2.57%), Sugar: 3.15g (3.5%), Cholesterol: 103.16mg (34.39%), Sodium: 516.02mg (22.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.27g (86.54%), Vitamin K: 531.18µg (505.89%), Vitamin A: 16868.73IU (337.37%), Selenium: 76.33µg (109.04%), Vitamin B12: 5.5µg (91.65%), Vitamin B6: 1.72mg (86.11%), Vitamin B3: 14.39mg (71.97%), Folate: 258.92µg (64.73%), Vitamin B2: 1.04mg (61.15%), Manganese: 1.16mg (58.07%), Phosphorus: 487.02mg (48.7%), Potassium: 1508.02mg (43.09%), Magnesium: 169.03mg (42.26%), Vitamin B1: 0.55mg (36.65%), Copper: 0.7mg (34.8%), Vitamin B5: 3.15mg (31.46%), Vitamin E: 4.69mg (31.28%), Calcium: 299.7mg (29.97%), Iron: 4.66mg (25.9%), Fiber: 5g (19.99%), Zinc: 2.43mg (16.21%), Vitamin C: 10.43mg (12.64%)