



HEALTH SCORE

92%

Salmon on Moroccan Melted Tomatoes



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings couscous hot cooked
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup salad olives green chopped

- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange zest
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 1 pound plum tomatoes chopped
- ☐ 1 small onion red halved thinly sliced
- ☐ 24 ounce salmon fillet
- ☐ 0.8 teaspoon salt divided

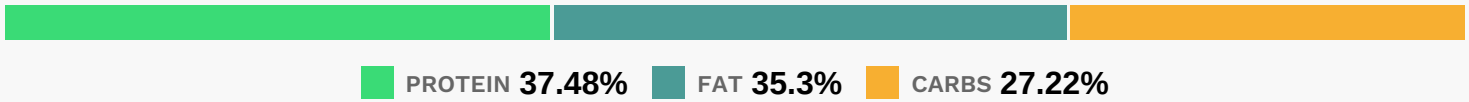
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine tomato, 1/2 teaspoon salt, and next 7 ingredients in a large bowl; set aside.
- ☐ Sprinkle salmon with pepper and remaining 1/4 teaspoon salt.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add salmon; cook 3 to 5 minutes or until golden on both sides but not cooked through, turning once.
- ☐ Transfer fish to a plate.
- ☐ Add onion to skillet; cook 3 minutes, stirring constantly. Stir in tomato mixture; cook for 4 minutes or until liquid begins to thicken, stirring constantly. Gently place salmon on top of tomato mixture. Cook 2 to 3 minutes or until desired degree of doneness.
- ☐ Sprinkle with mint.
- ☐ Serve with hot cooked couscous.
- ☐ *The green pitted salad olives (not to be confused with pimiento-stuffed Spanish olives) have a similar flavor to--and may be substituted with--ripe black olives.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:13.69, Inflammation Score:-8, Nutrition Score:31.83521766248%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 2.16mg, Hesperetin: 2.16mg, Hesperetin: 2.16mg, Hesperetin: 2.16mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 413.99kcal (20.7%), Fat: 16.04g (24.68%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 24.31g (8.84%), Sugar: 5.61g (6.23%), Cholesterol: 93.55mg (31.18%), Sodium: 653.94mg (28.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.32g (76.65%), Selenium: 84.01µg (120.02%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.57mg (78.41%), Vitamin B3: 14.97mg (74.86%), Vitamin B2: 0.71mg (41.57%), Phosphorus: 397.79mg (39.78%), Potassium: 1237.5mg (35.36%), Vitamin B1: 0.51mg (33.79%), Vitamin B5: 3.3mg (32.98%), Vitamin C: 26.94mg (32.65%), Copper: 0.56mg (28.01%), Vitamin A: 1133.01IU (22.66%), Folate: 83.29µg (20.82%), Magnesium: 75.73mg (18.93%), Manganese: 0.36mg (18.15%), Fiber: 3.51g (14.06%), Iron: 2.26mg (12.53%), Vitamin K: 11.49µg (10.94%), Zinc: 1.58mg (10.54%), Vitamin E: 1.56mg (10.37%), Calcium: 56.46mg (5.65%)