



Salmon Puttanesca

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



38 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes diced undrained canned
- 0.3 cup capers drained
- 0.5 teaspoon pepper red crushed
- 1 tablespoon parsley fresh chopped
- 5 garlic cloves minced
- 0.3 cup kalamata olives pitted chopped
- 2 teaspoons olive oil
- 1.8 cups onion diced

- 36 ounce salmon fillet
- 0.5 teaspoon salt

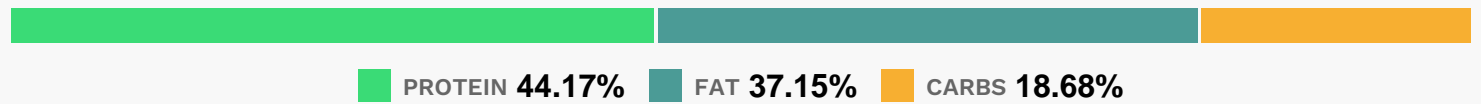
Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium-high heat.
- Add fish, and cook 4 to 5 minutes on each side or until fish flakes easily when tested with a fork.
- Remove fish from pan; keep warm.
- Add onion and garlic to pan; saut 5 minutes or until tender and golden.
- Add olives and next 5 ingredients; simmer 10 minutes or until sauce is thickened. Return fish to pan; cook until thoroughly heated.
- Serve fish over sauce.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:3.91, Inflammation Score:-8, Nutrition Score:32.406956672668%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 22.1mg, Quercetin: 22.1mg, Quercetin: 22.1mg, Quercetin: 22.1mg

Nutrients (% of daily need)

Calories: 331.31kcal (16.57%), Fat: 13.79g (21.21%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 11.68g (4.25%), Sugar: 7.91g (8.79%), Cholesterol: 93.55mg (31.18%), Sodium: 767.6mg (33.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.76%), Selenium: 63.66µg (90.94%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.68mg (84.25%), Vitamin B3: 15.15mg (75.76%), Vitamin B2: 0.74mg (43.73%),

Phosphorus: 401.8mg (40.18%), Potassium: 1312.33mg (37.5%), Copper: 0.73mg (36.61%), Vitamin B1: 0.51mg (34.27%), Vitamin B5: 3.28mg (32.78%), Vitamin C: 17.61mg (21.34%), Magnesium: 84.9mg (21.22%), Vitamin K: 21.05µg (20.05%), Iron: 3.46mg (19.22%), Manganese: 0.38mg (19.07%), Folate: 71.63µg (17.91%), Fiber: 3.92g (15.68%), Vitamin E: 2.28mg (15.17%), Zinc: 1.6mg (10.64%), Vitamin A: 498.75IU (9.98%), Calcium: 89.07mg (8.91%)