



Salmon, Rice, and Fried Tomatoes

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dill weed dried divided
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.5 tablespoons lemon pepper divided
- ☐ 1 pound salmon
- ☐ 1 tomatoes sliced
- ☐ 2 tablespoons vegetable oil divided
- ☐ 2 cups water

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1 cup rice long grain white uncooked

Equipment

☐

frying pan

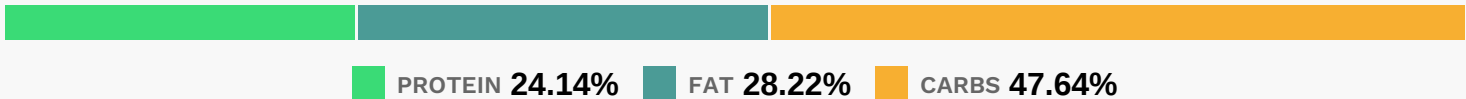
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pot

Directions

- ☐
- Bring the rice and water to a boil in a pot. Season with 1 tablespoon lemon pepper and 1/2 tablespoon dill weed. Reduce heat to low, cover, and simmer 20 minutes.
- ☐
- Heat 1 tablespoon oil in a skillet over medium heat.
- ☐
- Place salmon in the skillet, and cook 20 minutes, turning once, until lightly browned and easily flaked with a fork. Set aside.
- ☐
- Season the tomato slices with remaining lemon pepper and dill.
- ☐
- Place the eggs and flour in 2 separate dishes. Dip each tomato slice in the egg to coat, then press in the flour, coating both sides.
- ☐
- Heat remaining oil in the skillet over medium-high heat.
- ☐
- Place tomato slices in the skillet, and cook 5 minutes on each side, until lightly browned.
- ☐
- Serve salmon over the cooked rice, and top with fried tomatoes.

Nutrition Facts



Properties

Glycemic Index:51.55, Glycemic Load:40.1, Inflammation Score:-6, Nutrition Score:28.534782917603%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 548.24kcal (27.41%), Fat: 16.86g (25.94%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 64.04g (21.35%), Net Carbohydrates: 61.55g (22.38%), Sugar: 1.04g (1.16%), Cholesterol: 144.21mg (48.07%), Sodium: 93.53mg

(4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.9%), Selenium: 65.83µg (94.05%), Vitamin B12: 3.8µg (63.36%), Vitamin B3: 11.74mg (58.72%), Vitamin B6: 1.1mg (54.93%), Manganese: 1.09mg (54.61%), Vitamin B2: 0.72mg (42.38%), Vitamin B1: 0.56mg (37.31%), Phosphorus: 372.3mg (37.23%), Vitamin B5: 2.89mg (28.89%), Folate: 104.57µg (26.14%), Copper: 0.52mg (25.84%), Potassium: 800.23mg (22.86%), Iron: 3.78mg (21%), Vitamin K: 18.82µg (17.93%), Magnesium: 65.76mg (16.44%), Zinc: 1.85mg (12.32%), Fiber: 2.49g (9.94%), Vitamin A: 476.49IU (9.53%), Calcium: 73.54mg (7.35%), Vitamin E: 1.05mg (6.98%), Vitamin C: 4.59mg (5.56%), Vitamin D: 0.44µg (2.93%)