



Salmon With Almonds and Parsley

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 1 slices garnish: lime
- 3 tablespoons juice of lime fresh
- 1 small onion chopped
- 0.3 teaspoon pepper
- 6 ounce salmon fillet

- 0.3 teaspoon salt
- 0.3 cup slivered almonds toasted

Equipment

- frying pan
- aluminum foil
- spatula
- broiler pan

Directions

- Sprinkle fish evenly with salt and pepper. Set aside.
- Melt butter in a large, heavy skillet over medium-high heat.
- Add onion, and saut 8 minutes or until onion is tender.
- Add garlic, and saut 2 to 3 minutes. Stir in lime juice.
- Remove from heat.
- Arrange fish, skin side down, on a lightly greased rack in an aluminum foil-lined broiler pan. Broil, 5 inches from heat, 7 to 10 minutes or until fish flakes with a fork. Using a wide metal spatula, lift fish from skin, leaving skin on rack.
- Transfer to a serving dish. Top with onion mixture; sprinkle evenly with toasted almonds and parsley.
- Garnish, if desired.

Nutrition Facts



PROTEIN 24.74% **FAT 63.47%** **CARBS 11.79%**

Properties

Glycemic Index:26.63, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:5.5034783093826%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin:

0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 81.63kcal (4.08%), Fat: 5.9g (9.08%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.65g (0.72%), Cholesterol: 19.22mg (6.41%), Sodium: 105.75mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Vitamin K: 16.83µg (16.03%), Selenium: 8.1µg (11.57%), Vitamin B12: 0.68µg (11.37%), Vitamin B6: 0.2mg (10.1%), Vitamin B3: 1.83mg (9.17%), Vitamin B2: 0.13mg (7.4%), Phosphorus: 64.91mg (6.49%), Vitamin E: 0.97mg (6.47%), Manganese: 0.12mg (5.76%), Vitamin C: 4.15mg (5.03%), Copper: 0.1mg (4.9%), Potassium: 159.41mg (4.55%), Magnesium: 17.52mg (4.38%), Vitamin B1: 0.06mg (4.22%), Vitamin B5: 0.4mg (4.02%), Vitamin A: 184.08IU (3.68%), Fiber: 0.68g (2.73%), Folate: 10.75µg (2.69%), Iron: 0.41mg (2.26%), Zinc: 0.29mg (1.9%), Calcium: 18.62mg (1.86%)