



Salmon with Andouille Sausage and Green Olives

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce andouille sausage thinly sliced
- ☐ 0.3 cup olive green pitted thinly sliced
- ☐ 4 servings olive oil extra virgin extra-virgin for rubbing
- ☐ 24 ounce salmon fillet wild skinless
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 shallots minced
- ☐ 2 tablespoons butter unsalted softened

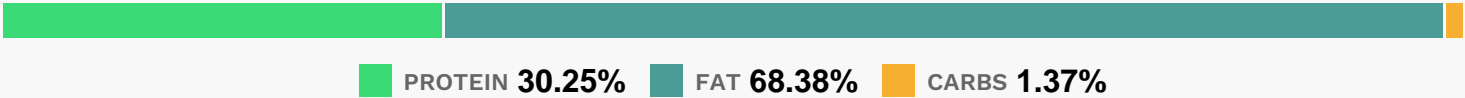
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a small skillet over high heat.
- ☐ Add the andouille and cook, stirring, until sizzling, about 1 minute.
- ☐ Transfer to a medium bowl and let cool to room temperature.
- ☐ Mix the sausage with the sliced olives, softened butter and minced shallot.
- ☐ Light a grill. Rub the salmon fillets all over with olive oil and season lightly with salt and pepper. Grill the salmon over high heat, turning once, until nicely charred and just cooked through, about 3 minutes per side.
- ☐ Transfer the salmon to plates, top with the buttered andouille mixture and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:27.210869716561%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 524.36kcal (26.22%), Fat: 39.47g (60.72%), Saturated Fat: 9.87g (61.7%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.85g (0.95%), Cholesterol: 132.98mg (44.33%), Sodium: 632.82mg (27.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.29g (78.59%), Selenium: 68.18µg (97.39%), Vitamin B12: 5.7µg (94.98%), Vitamin B3: 15.14mg (75.7%), Vitamin B6: 1.47mg (73.55%), Vitamin B2: 0.7mg (41.2%), Phosphorus: 388.2mg (38.82%), Vitamin B1: 0.46mg (30.86%), Vitamin B5: 3.06mg (30.63%), Potassium: 956.71mg (27.33%), Copper: 0.46mg (23.11%), Vitamin E: 2.76mg (18.38%), Magnesium: 56.25mg (14.06%), Zinc: 1.82mg (12.12%), Folate: 45.4µg (11.35%), Iron: 1.9mg (10.55%), Vitamin K: 9.09µg (8.65%), Vitamin A: 288IU (5.76%), Vitamin

D: 0.5µg (3.35%), Calcium: 31.6mg (3.16%), Manganese: 0.05mg (2.38%), Fiber: 0.48g (1.91%)