



Salmon with Basil Oil



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups basil leaves fresh
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup olive oil extra-virgin
- ☐ 24 ounce salmon fillet skinless

Equipment

- ☐ bowl
- ☐ paper towels

- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ broiler pan

Directions

- ☐ Bring a large pot of water to a boil. Fill a bowl halfway with ice water. Set broiler on high.
- ☐ Place the salmon on a foil-lined broiler pan and season with 1/4 teaspoon of the salt. Cook, without turning, until the salmon is the same color throughout and flakes easily, 7 to 10 minutes, depending on the thickness; set aside. Meanwhile, add the basil to the pot and cook for 5 seconds. Using a slotted spoon, transfer the basil to the ice water.
- ☐ Drain and squeeze to remove any excess water.
- ☐ Place on a paper towel and pat dry.
- ☐ Place the basil, oil, pepper, and the remaining salt in a blender and puree until smooth.
- ☐ Transfer the salmon to individual plates and drizzle with some of the basil oil. (You can cover and refrigerate the remaining oil for up to 2 weeks.)Tip: You can also drizzle this aromatic oil on corn on the cob, grilled or broiled chicken, fresh mozzarella or Feta, boiled new potatoes, roasted vegetables, fried eggs, country-style bread, and vegetable or white bean soup.

Nutrition Facts



■ PROTEIN 40.99% ■ FAT 58.53% ■ CARBS 0.48%

Properties

Glycemic Index:25.5, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:27.562608703323%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 340.08kcal (17%), Fat: 21.67g (33.33%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.04g (0.04%), Cholesterol: 93.55mg (31.18%), Sodium: 656.93mg (28.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.28%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.13µg (88.76%), Vitamin B6: 1.41mg (70.52%), Vitamin B3: 13.48mg (67.4%), Vitamin K: 56.51µg (53.82%), Vitamin B2: 0.66mg (38.57%), Phosphorus: 347.11mg (34.71%), Vitamin B5: 2.86mg (28.57%), Vitamin B1: 0.39mg (25.91%), Potassium: 870.77mg (24.88%), Copper: 0.47mg (23.68%), Magnesium: 57.24mg (14.31%), Vitamin A: 701.72IU (14.03%), Folate: 50.71µg (12.68%), Vitamin E: 1.65mg (11.02%), Iron: 1.82mg (10.1%), Manganese: 0.18mg (9.12%), Zinc: 1.19mg (7.93%), Calcium: 42.67mg (4.27%), Vitamin C: 2.16mg (2.62%)