



 **100%**  
HEALTH SCORE

## Salmon With Lemon-Mint Crust

 Dairy Free  Very Healthy

READY IN



19 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounces prewashed baby spinach
- 0.5 teaspoon pepper black divided freshly ground
- 0.1 teaspoon pepper red crushed
- 1 teaspoon mint or dried fresh chopped
- 6 garlic cloves peeled
- 0.8 teaspoon kosher salt divided
- 1 small optional: lemon
- 1 slice multigrain bread whole-wheat

- 2 tablespoons olive oil extra-virgin
- 1.3 pounds salmon fillet wild

## Equipment

- food processor
- bowl
- frying pan
- oven
- spatula

## Directions

- Preheat oven to 45
- Zest lemon.
- Transfer the zest to a food processor.
- Cut lemon into 4 wedges; set aside.
- Sprinkle salmon with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Coarsely chop 1 garlic clove and add it to the food processor. Thinly slice remaining garlic and set it aside.
- Tear the bread into chunks and add to the food processor along with mint, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Process until coarse crumbs form and transfer to a small bowl. Stir in 1 teaspoon oil and set aside.
- Heat 2 teaspoons oil in ovenproof skillet over medium-high heat.
- Add salmon, skin-side up. Cook 3 minutes. Turn fish with spatula, pat crumbs over the surface, and transfer pan to the oven. Roast 5 minutes.
- While salmon cooks, heat remaining tablespoon oil in a large skillet over medium-high heat.
- Add sliced garlic and red pepper flakes. Saut 1 minute, until garlic is lightly browned.
- Add spinach. Stir just until wilted, season with remaining 1/4 teaspoon salt, and toss. Divide among 4 dishes. Divide salmon into 4 portions; place fish on spinach.
- Serve with lemon wedges.

## Nutrition Facts

PROTEIN 40.08% FAT 46.11% CARBS 13.81%

## Properties

Glycemic Index:47.3, Glycemic Load:3.23, Inflammation Score:-10, Nutrition Score:43.914347855941%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

## Nutrients (% of daily need)

Calories: 322.29kcal (16.11%), Fat: 16.79g (25.84%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 7.48g (2.72%), Sugar: 1.51g (1.68%), Cholesterol: 77.96mg (25.99%), Sodium: 621.5mg (27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.68%), Vitamin K: 552.99µg (526.66%), Vitamin A: 10708.29IU (214.17%), Selenium: 55.44µg (79.21%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.47mg (73.73%), Folate: 261.55µg (65.39%), Manganese: 1.31mg (65.32%), Vitamin B3: 12.34mg (61.69%), Vitamin C: 47.59mg (57.68%), Vitamin B2: 0.78mg (45.63%), Potassium: 1404.36mg (40.12%), Phosphorus: 365.61mg (36.56%), Magnesium: 139.87mg (34.97%), Vitamin B1: 0.46mg (30.42%), Copper: 0.55mg (27.26%), Iron: 4.7mg (26.1%), Vitamin B5: 2.56mg (25.62%), Vitamin E: 3.41mg (22.71%), Calcium: 157.46mg (15.75%), Fiber: 3.84g (15.37%), Zinc: 1.71mg (11.37%)