



WHATSheATE



HEALTH SCORE

100%

Salmon with Lentils



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 carrots diced



1 cinnamon sticks



1.3 cups green lentils french



3 cloves garlic chopped



1 tablespoon honey



1 juice of lemon



4 servings kosher salt and pepper freshly ground



2 leeks white halved lengthwise chopped

- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 18 ounce center-cut salmon fillets skinless
- ☐ 1 bunch swiss chard
- ☐ 1 tablespoon tomato paste

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1/4 cup olive oil in a skillet over medium heat.
- ☐ Add the leeks and carrots and cook until tender, 5 minutes.
- ☐ Add the garlic and tomato paste and cook 1 minute. Increase the heat to high; add 4 cups water, the cinnamon stick and lentils. Bring to a boil, then reduce the heat to medium-high, cover and simmer until tender, 20 minutes.
- ☐ Meanwhile, remove the Swiss chard stems; reserve 3 leaves and chop the rest.
- ☐ Place the whole leaves over the lentils, cover and wilt, 1 minute.
- ☐ Remove the chard and cover the lentils. Season the salmon with salt and pepper and wrap a wilted chard leaf around each fillet.
- ☐ Reserve about 1 cup lentils for Warm Beet and Lentil Salad. Stir the honey and lemon juice into the remaining lentils and season with salt and pepper. Stir in the chopped chard.
- ☐ Place the wrapped salmon on top of the lentils, drizzle with olive oil and season with salt and pepper. Cover and cook over medium-high heat until the fish is just cooked through, 6 minutes.
- ☐ Remove the salmon and cut into pieces. (If the lentils are dry, add a splash of water.) Divide lentils among bowls and top with salmon.
- ☐ Turn leftover lentils into Warm Beet and Lentil Salad With Goat Cheese.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:66.93, Glycemic Load:10.36, Inflammation Score:-10, Nutrition Score:54.157391216444%

Flavonoids

Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 592.6kcal (29.63%), Fat: 22.64g (34.83%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 55.14g (18.38%), Net Carbohydrates: 33.28g (12.1%), Sugar: 10.25g (11.39%), Cholesterol: 70.17mg (23.39%), Sodium: 475.84mg (20.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.97%), Vitamin K: 659.34µg (627.94%), Vitamin A: 10562.81IU (211.26%), Folate: 366.27µg (91.57%), Fiber: 21.86g (87.46%), Vitamin B6: 1.63mg (81.51%), Manganese: 1.56mg (77.93%), Selenium: 53.3µg (76.15%), Vitamin B12: 4.06µg (67.61%), Vitamin B3: 12.53mg (62.66%), Vitamin B1: 0.9mg (59.86%), Phosphorus: 594.63mg (59.46%), Potassium: 1724.04mg (49.26%), Magnesium: 190.39mg (47.6%), Iron: 8.26mg (45.87%), Vitamin C: 36.82mg (44.63%), Copper: 0.86mg (42.96%), Vitamin B2: 0.72mg (42.47%), Vitamin B5: 3.72mg (37.17%), Vitamin E: 4.47mg (29.81%), Zinc: 4.16mg (27.76%), Calcium: 138.78mg (13.88%)