



HEALTH SCORE

78%

Salmon with Lime – Sherry Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 3 juice of lime
- ☐ 0.3 cup olive oil
- ☐ 4 fillet salmon
- ☐ 4 servings salt and pepper
- ☐ 4 servings splash of sherry vinegar

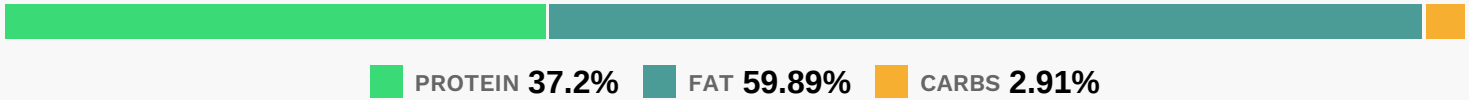
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle the salmon on both sides with salt and pepper.In a nonstick skillet or large sauté pan over medium heat, warm the olive oil.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Place the salmon in the pan and cook until golden brown underneath, about 4 minutes. Carefully turn the salmon over and cook until the fish is opaque throughout, 4 minutes more.
- ☐ Add the lime juice and sherry vinegar.Cook for 5 minutes more.
- ☐ Transfer the salmon to a serving platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:24.844347889009%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 370.67kcal (18.53%), Fat: 24.31g (37.39%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.52g (0.91%), Sugar: 0.4g (0.45%), Cholesterol: 93.5mg (31.17%), Sodium: 270.09mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.97g (67.94%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.39µg (89.13%), Vitamin B6: 1.43mg (71.35%), Vitamin B3: 13.41mg (67.05%), Vitamin B2: 0.65mg (38.34%), Phosphorus: 346.99mg (34.7%), Vitamin B5: 2.87mg (28.7%), Vitamin B1: 0.39mg (26.29%), Potassium: 870.47mg (24.87%), Copper: 0.44mg (21.92%), Vitamin E: 2mg (13.3%), Magnesium: 51.87mg (12.97%), Folate: 44.82µg (11.2%), Vitamin C: 7.48mg (9.06%), Iron: 1.52mg (8.43%), Vitamin K: 8.3µg (7.91%), Zinc: 1.13mg (7.56%), Manganese: 0.07mg (3.58%), Calcium: 28.18mg (2.82%), Vitamin A: 79.45IU (1.59%)