



Salmon with Peas, Pea Tendrils, and Dill-Cucumber Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon coarse kosher salt
- ☐ 6 servings dill-cucumber sauce
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup orange juice fresh
- ☐ 6 servings peas and pea tendrils with lemon dressing
- ☐ 2.5 pound center-cut salmon fillet wild

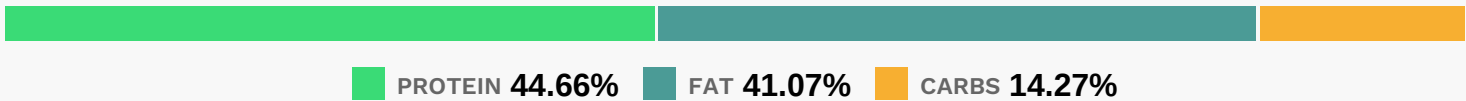
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler
- ☐ spatula

Directions

- ☐ Brush small rimmed baking sheet with 1 tablespoon oil.
- ☐ Place salmon on prepared baking sheet.
- ☐ Mix orange juice and lemon juice in small bowl; pour over salmon.
- ☐ Drizzle remaining 1 tablespoon oil over salmon; sprinkle with coarse kosher salt and pepper.
- ☐ Let stand 15 minutes.
- ☐ Preheat broiler. Broil salmon, without turning fish over, until just opaque in center, watching closely and turning baking sheet once for even broiling, about 12 minutes. Using 2 wide spatulas, transfer salmon to platter. Surround with Peas and Pea Tendrils with Lemon Dressing.
- ☐ Serve with Dill-Cucumber Sauce.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:34.962173980215%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 379.93kcal (19%), Fat: 17.01g (26.16%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 9.09g (3.31%), Sugar: 6.1g (6.78%), Cholesterol: 103.95mg (34.65%), Sodium: 474.83mg (20.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.61g (83.22%), Selenium: 70.32µg (100.46%), Vitamin B12: 6.01µg (100.17%), Vitamin B6: 1.68mg (84.08%), Vitamin B3: 16.46mg (82.32%), Vitamin C: 43.35mg (52.55%), Vitamin B2: 0.82mg (48.35%), Phosphorus: 460.69mg (46.07%), Vitamin B1: 0.64mg (42.74%), Potassium: 1155.65mg (33.02%), Vitamin B5: 3.27mg (32.73%), Copper: 0.61mg (30.56%), Folate: 102.76µg (25.69%), Magnesium: 81.68mg (20.42%), Vitamin K: 20.81µg (19.82%), Fiber: 4.21g (16.83%), Manganese: 0.33mg (16.69%), Iron: 2.66mg (14.8%), Zinc: 2.13mg (14.17%), Vitamin A: 679.89IU (13.6%), Vitamin E: 0.79mg (5.27%), Calcium: 44.18mg (4.42%)