



HEALTH SCORE

94%

Salmon with Polenta and Warm Tomato Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers rinsed drained
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 1 cup polenta dry

- ☐ 0.5 cup onion red minced
- ☐ 1 tablespoon red wine vinegar
- ☐ 24 ounce salmon fillet
- ☐ 3.5 cups water

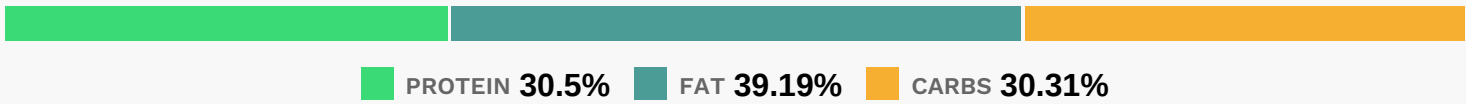
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 3 1/2 cups water and 1/4 teaspoon salt to a boil in a saucepan. Gradually add polenta, stirring constantly with a whisk. Reduce heat to low; cook 12 minutes, stirring occasionally.
- ☐ Combine tomatoes, onion, 2 tablespoons oil, vinegar, and capers.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Sprinkle fish with 1/4 teaspoon salt and pepper. Cook, skin side down, 7 minutes; turn over, and cook 1 minute.
- ☐ Remove from pan.
- ☐ Add tomato mixture to pan, reduce heat to low, and cook 2 minutes. Spoon 3/4 cup polenta into each of 4 shallow bowls. Top each serving with 1 fillet and 1/2 cup tomato mixture.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:31.731739541759%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 512.97kcal (25.65%), Fat: 22.05g (33.92%), Saturated Fat: 3.23g (20.18%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 35.84g (13.03%), Sugar: 4.23g (4.7%), Cholesterol: 93.55mg (31.18%), Sodium: 439.47mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.6g (77.2%), Selenium: 68.97µg (98.54%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.57mg (78.51%), Vitamin B3: 14.6mg (73%), Vitamin B2: 0.69mg (40.83%), Phosphorus: 404.68mg (40.47%), Potassium: 1207.12mg (34.49%), Vitamin B1: 0.49mg (32.69%), Vitamin B5: 3.16mg (31.59%), Vitamin K: 32.96µg (31.39%), Copper: 0.58mg (28.85%), Vitamin A: 1226.58IU (24.53%), Vitamin C: 19.12mg (23.18%), Magnesium: 78.67mg (19.67%), Folate: 68.06µg (17.01%), Vitamin E: 2.18mg (14.54%), Iron: 2.31mg (12.81%), Manganese: 0.25mg (12.58%), Zinc: 1.53mg (10.19%), Fiber: 2.52g (10.1%), Calcium: 47.09mg (4.71%)