

 66%  
HEALTH SCORE

## Salmon with Red Pepper Pesto



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 7 blanchd almonds and whole
- ☐ 1 garlic clove
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup roasted peppers red rinsed drained chopped
- ☐ 24 ounce salmon fillet wild fresh (such as Alaskan)
- ☐ 1 tablespoon tomato paste

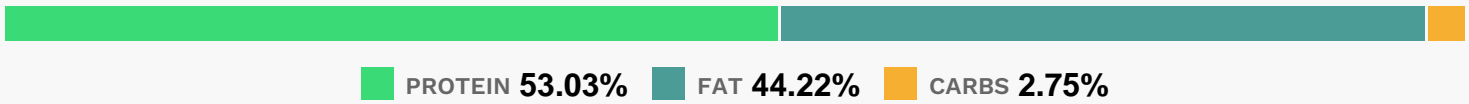
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ grill pan

## Directions

- ☐ Heat grill pan over medium-high heat.
- ☐ Sprinkle fish evenly with 1/2 teaspoon salt. Coat pan with cooking spray. Arrange fish in pan; cook for 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ While the fish cooks, combine remaining 1/4 teaspoon salt, bell peppers, and remaining ingredients in a blender or food processor, and process until smooth.
- ☐ Serve pesto over fish.
- ☐ Sustainable Choice: Look for salmon that's labeled "wild Alaskan," and you can be sure that you're getting a sustainable option.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:24.759130571199%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 267.2kcal (13.36%), Fat: 12.76g (19.63%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.58g (0.64%), Cholesterol: 93.55mg (31.18%), Sodium: 702.67mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.87%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.5µg (89.28%), Vitamin B6: 1.43mg (71.61%), Vitamin B3: 13.62mg (68.12%), Vitamin B2: 0.67mg (39.37%), Phosphorus: 355.41mg (35.54%), Vitamin B5: 2.85mg (28.5%), Vitamin B1: 0.39mg (26.31%), Potassium: 905.71mg (25.88%), Copper: 0.48mg (23.78%), Magnesium: 57.18mg (14.3%), Folate: 45.75µg (11.44%), Iron: 1.65mg (9.18%), Zinc: 1.2mg (7.98%), Vitamin C: 6.53mg (7.92%), Manganese: 0.1mg (5.19%), Vitamin E: 0.73mg (4.88%), Vitamin A: 189.9IU

(3.8%), Calcium: 32.4mg (3.24%), Fiber: 0.49g (1.97%), Vitamin K: 1.07μg (1.02%)