

food
network



100%

Salmon with Smoked Bacon and Lentil Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



1145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon smoked
- ☐ 4 tablespoons flat-leaf parsley
- ☐ 1 tablespoon garlic chopped
- ☐ 4 ounces juice of lemon
- ☐ 1.5 pounds lentils
- ☐ 6 ounces olive oil
- ☐ 48 ounce salmon
- ☐ 6 servings salt and pepper to taste

- ☐ 4 tablespoons scallions chopped
- ☐ 2 ounces grain mustard whole

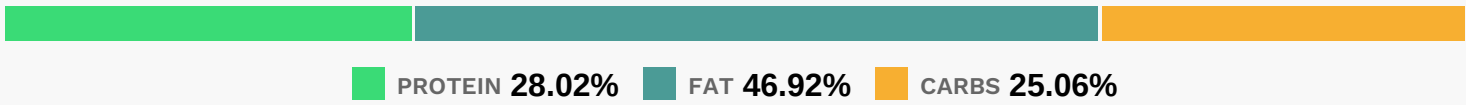
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Boil lentils for 25 minutes in salted water until tender cool and set aside.
- ☐ Saute bacon until crisp.
- ☐ Add scallions and garlic and saute until tender.
- ☐ Let cool then whisk in mustard, lemon juice and 6 ounces of olive oil. Fold dressing into lentils then add parsley, salt and pepper.
- ☐ Saute salmon in 2 ounces of olive until golden on each side and place in a preheated 400 degree oven until desired doneness about 8 to 10 minutes.
- ☐ Serve salmon on top of lentils.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:8.49, Inflammation Score:-9, Nutrition Score:63.063043666923%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.73mg, Hesperetin: 2.73mg, Hesperetin: 2.73mg, Hesperetin: 2.73mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 1144.73kcal (57.24%), Fat: 59.33g (91.28%), Saturated Fat: 11.38g (71.11%), Carbohydrates: 71.32g (23.77%), Net Carbohydrates: 36.05g (13.11%), Sugar: 3.04g (3.38%), Cholesterol: 149.69mg (49.9%), Sodium: 657.68mg (28.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.73g (159.46%), Folate: 610.97µg (152.74%), Selenium: 103.24µg (147.48%), Fiber: 35.27g (141.08%), Vitamin B6: 2.6mg (130.23%), Vitamin B12: 7.4µg (123.35%), Vitamin B3: 22.44mg (112.18%), Vitamin B1: 1.64mg (109.09%), Phosphorus: 1036.23mg (103.62%), Manganese: 1.62mg (81.19%), Vitamin K: 74.91µg (71.35%), Vitamin B2: 1.15mg (67.53%), Potassium: 2334.22mg (66.69%), Vitamin B5: 6.49mg (64.85%), Iron: 11.09mg (61.63%), Copper: 1.19mg (59.64%), Magnesium: 216.79mg (54.2%), Zinc: 7.45mg (49.65%), Vitamin E: 4.91mg (32.7%), Vitamin C: 17.06mg (20.67%), Calcium: 109.07mg (10.91%), Vitamin A: 421.41IU (8.43%), Vitamin D: 0.15µg (1.01%)