



HEALTH SCORE

100%

Salmon with Snap Peas, Yellow Peppers, and Dill-Pistachio Pistou



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup optional: dill fresh chopped



1 garlic clove minced



0.3 cup spring onion finely chopped (2)



0.3 cup olive oil extra virgin extra-virgin



2 bell pepper yellow cut into 1/2-inch strips



0.5 cup pistachios shelled toasted finely chopped



24 ounce salmon fillet

- ☐ 1 pound sugar snap peas trimmed
- ☐ 0.3 cup water

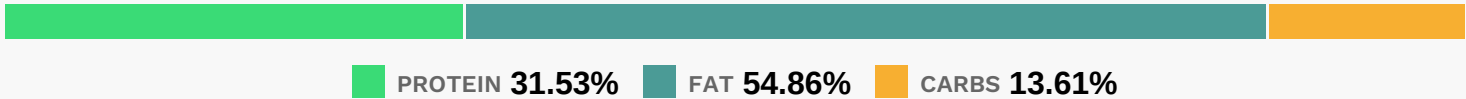
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Mix dill, green onions, pistachios, and 1/4 cup oil in medium bowl. Season to taste with salt and pepper. DO AHEAD: Pistou can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Heat 1/2 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add peppers and sauté until beginning to soften, about 2 minutes.
- ☐ Add snap peas, garlic, and 1/4 cup water; sprinkle with salt. Sauté until vegetables are just tender and water evaporates, 2 to 3 minutes. Stir in 1 rounded tablespoon pistou.
- ☐ Transfer vegetables to platter; tent with foil to keep warm. Reserve skillet (do not clean).
- ☐ Heat remaining 1 tablespoon oil in reserved skillet over medium-high heat.
- ☐ Sprinkle salmon with salt and pepper.
- ☐ Place salmon, skin side down, in skillet; cook until skin is crisp, about 3 minutes. Turn salmon and cook until almost opaque in center, about 3 minutes longer. Arrange salmon fillets over vegetables on platter. Spoon some pistou down center of each fillet and serve, passing remaining pistou alongside.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:42.898695365242%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 516.45kcal (25.82%), Fat: 31.68g (48.74%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 12.3g (4.47%), Sugar: 5.92g (6.57%), Cholesterol: 93.55mg (31.18%), Sodium: 85.58mg (3.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.97g (81.94%), Vitamin C: 183.21mg (222.08%), Vitamin B6: 1.96mg (97.79%), Selenium: 64.29µg (91.84%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 14.89mg (74.45%), Vitamin K: 53.74µg (51.18%), Phosphorus: 496.73mg (49.67%), Vitamin B1: 0.71mg (47.55%), Vitamin B2: 0.8mg (46.8%), Potassium: 1399.05mg (39.97%), Copper: 0.8mg (39.78%), Vitamin B5: 3.89mg (38.87%), Vitamin A: 1868.92IU (37.38%), Manganese: 0.63mg (31.67%), Folate: 124.69µg (31.17%), Iron: 5.07mg (28.14%), Magnesium: 106.44mg (26.61%), Fiber: 5.38g (21.53%), Vitamin E: 2.79mg (18.58%), Zinc: 1.91mg (12.75%), Calcium: 107.94mg (10.79%)