



Salmon with Tomato, Onions, and Capers



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 2 garlic cloves diced peeled
- ☐ 2 large tomatoes fresh diced
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons lemon zest freshly grated
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons capers drained

- ☐ 1 teaspoon jalapeño peppers either fresh chopped (no seeds, no stem, no ribs)
- ☐ 0.3 cup white wine
- ☐ 0.3 cup water
- ☐ 4 servings salt and pepper
- ☐ 2 fillet salmon fresh

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Sauté the onions and garlic: In a large, wide (at least 12 inches wide) saucepan (one that comes with a cover), heat olive oil on medium heat.
- ☐ Add the onion and cook, stirring regularly, until just beginning to brown, about 5 minutes.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Add tomatoes, thyme, lemon zest and juice, capers, jalapeño, salt, pepper: Raise the heat to medium-high and add the tomatoes, thyme, lemon zest, lemon juice, capers, and jalapeño peppers.
- ☐ Simmer for 10 minutes, adding a little water if needed to prevent the sauce from getting too dry. Salt and pepper to taste.
- ☐ Add wine and water:
- ☐ Add 1/3 a cup of white wine – a simple Chardonnay will work.
- ☐ Add 1/4 cup of water. Bring to a simmer.
- ☐ Place the fillets in the pan on top of the sauce, skin side down, if the fillets are still in their skin. Cover and reduce heat to medium-low.
- ☐ Cook for 4–7 minutes, depending on how thick the cuts of fish are. Poke the fish with a fork and look for doneness. The fish should still be a little rare in the middle, but not raw.
- ☐ Serve immediately, with tomato sauce generously applied.

Nutrition Facts



 PROTEIN **29.04%**  FAT **57.91%**  CARBS **13.05%**

Properties

Glycemic Index:46.75, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:17.664782721063%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

Nutrients (% of daily need)

Calories: 263.44kcal (13.17%), Fat: 16.17g (24.88%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 6.25g (2.27%), Sugar: 4.06g (4.52%), Cholesterol: 46.75mg (15.58%), Sodium: 350.02mg (15.22%), Alcohol: 2.06g (100%), Alcohol %: 0.99% (100%), Protein: 18.25g (36.5%), Vitamin B12: 2.7µg (45.05%), Selenium: 31.46µg (44.95%), Vitamin B6: 0.84mg (42.14%), Vitamin B3: 7.35mg (36.74%), Vitamin C: 21.62mg (26.2%), Vitamin B2: 0.36mg (21.36%), Phosphorus: 207.68mg (20.77%), Potassium: 709.75mg (20.28%), Vitamin A: 836.41IU (16.73%), Vitamin B1: 0.25mg (16.42%), Vitamin B5: 1.57mg (15.67%), Copper: 0.31mg (15.26%), Vitamin K: 14.94µg (14.23%), Vitamin E: 2.1mg (14.03%), Folate: 43.48µg (10.87%), Manganese: 0.22mg (10.78%), Magnesium: 42.85mg (10.71%), Fiber: 1.95g (7.81%), Iron: 1.29mg (7.19%), Zinc: 0.82mg (5.46%), Calcium: 36.37mg (3.64%)