



Salmon with White Beans and Tomatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 0.8 lb salmon fillet cut into 4 serving pieces
- 1 serving salt and pepper
- 1 cup onion red chopped
- 15 oz cannellini beans rinsed drained canned
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- 0.3 cup kalamata olives pitted cut in half
- 0.5 optional: lemon

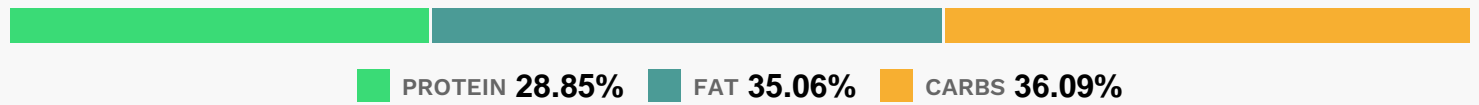
Equipment

frying pan

Directions

- In 12-inch skillet, heat oil over medium heat.
- Sprinkle salmon with salt and pepper.
- Place salmon, skin side up, in skillet. Cook 2 to 3 minutes until golden brown; turn.
- Sprinkle onion around salmon. Cook 2 to 3 minutes, stirring occasionally, until onion is softened.
- Add beans, tomatoes and olives to skillet. Cover; cook 5 to 10 minutes until thoroughly heated and salmon flakes easily with fork.
- To serve, divide bean mixture among 4 plates; top each with 1 salmon piece. Squeeze lemon over each serving.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:6.45, Inflammation Score:-7, Nutrition Score:22.305217328279%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 359.63kcal (17.98%), Fat: 14.07g (21.65%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 25.36g (9.22%), Sugar: 4.76g (5.29%), Cholesterol: 46.78mg (15.59%), Sodium: 383.08mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.12%), Selenium: 33.07µg (47.25%), Vitamin B12: 2.7µg (45.08%), Vitamin B6: 0.84mg (41.84%), Vitamin B3: 6.88mg (34.42%), Manganese: 0.62mg (30.84%),

Fiber: 7.23g (28.92%), Phosphorus: 280.94mg (28.09%), Potassium: 980.04mg (28%), Iron: 4.66mg (25.89%), Folate: 99.7µg (24.93%), Copper: 0.49mg (24.5%), Vitamin B2: 0.38mg (22.15%), Vitamin B1: 0.32mg (21.32%), Magnesium: 84.89mg (21.22%), Vitamin B5: 1.69mg (16.89%), Vitamin E: 2.2mg (14.65%), Vitamin C: 11.96mg (14.5%), Calcium: 135.84mg (13.58%), Zinc: 1.81mg (12.1%), Vitamin A: 482.02IU (9.64%), Vitamin K: 7.58µg (7.21%)