



Salmon with Wilted Watercress and Lemon-Balsamic Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 small garlic cloves minced
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 24 ounce salmon fillet
- ☐ 4 servings salt and pepper freshly ground

☐ 1 pound watercress

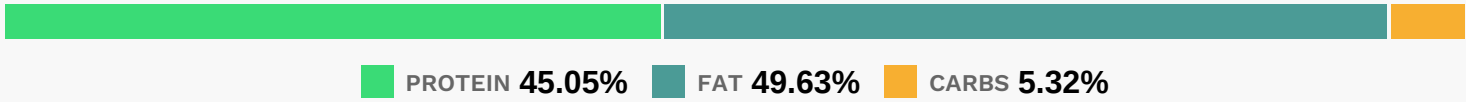
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, mix the vinegar with the olive oil, lemon juice, garlic and lemon zest. Season with salt and pepper.
- ☐ In a large, deep skillet, bring 1 inch of water to a boil. Lightly oil a steamer rack and set it in the skillet. Carefully add the salmon fillets in a single layer. Cover and steam over moderate heat for 5 minutes. Strew the watercress over the salmon, cover and steam for 1 minute.
- ☐ Transfer the salmon and watercress to plates. Spoon the dressing over the salmon and serve.
- ☐ Notes: One Serving – Calories 324 kcal, Total Fat 3 gm, Saturated Fat 3 gm, Protein 39 gm, Carbohydrates 4 gm

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:38.390869721122%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 26.12mg, Kaempferol: 26.12mg, Kaempferol: 26.12mg, Kaempferol: 26.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 34.08mg, Quercetin: 34.08mg, Quercetin: 34.08mg, Quercetin: 34.08mg

Nutrients (% of daily need)

Calories: 328.97kcal (16.45%), Fat: 17.93g (27.58%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.62g (1.8%), Cholesterol: 93.55mg (31.18%), Sodium: 317.73mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.62g (73.24%), Vitamin K: 287.76µg (274.06%), Selenium: 63.54µg (90.78%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.58mg (78.94%), Vitamin A: 3687.64IU (73.75%),

Vitamin B3: 13.63mg (68.13%), Vitamin C: 52.92mg (64.15%), Vitamin B2: 0.79mg (46.31%), Phosphorus: 414.86mg (41.49%), Potassium: 1235.54mg (35.3%), Vitamin B1: 0.49mg (32.95%), Vitamin B5: 3.21mg (32.1%), Copper: 0.53mg (26.27%), Magnesium: 75.31mg (18.83%), Manganese: 0.37mg (18.28%), Calcium: 165.91mg (16.59%), Vitamin E: 2.15mg (14.36%), Folate: 53.95µg (13.49%), Iron: 1.75mg (9.72%), Zinc: 1.26mg (8.4%), Fiber: 0.75g (3%)