



HEALTH SCORE

64%

Sautéed Salmon with Zucchini Noodles and Red Bell Pepper Coulis



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings bell pepper coulis red
- ☐ 1 tablespoon butter divided
- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.1 teaspoon cracked pepper
- ☐ 36 ounce salmon fillet

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon shallots minced
- ☐ 4 medium zucchini

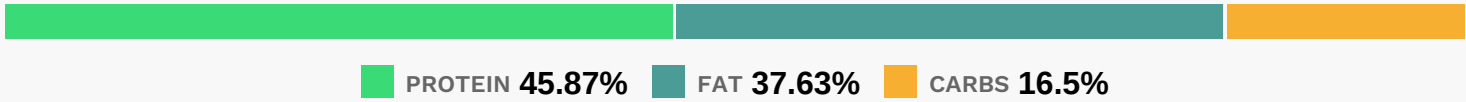
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare Red Bell Pepper Coulis; set aside. Slice zucchini lengthwise into 1/4-inch-thick strips, stopping at the inside part of the zucchini containing the seeds; discard middle portions.
- ☐ Cut strips lengthwise into long, thin "noodles"; set aside.
- ☐ Combine lime juice and next 4 ingredients (lime juice through garlic) in a small bowl. Rub salmon with juice mixture. Dredge salmon in flour. Melt 2 teaspoons butter in a large nonstick skillet over medium-high heat.
- ☐ Add salmon; saut 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove salmon from skillet. Set aside; keep warm.
- ☐ Melt 1 teaspoon butter in skillet.
- ☐ Add zucchini noodles; saut 4 minutes or until wilted, tossing gently.
- ☐ Spoon Red Bell Pepper Coulis onto 6 serving plates. Top with zucchini noodles and salmon.
- ☐ Garnish with chopped parsley and freshly ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:37.380434761877%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Naringenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 321.15kcal (16.06%), Fat: 13.38g (20.58%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 10.14g (3.69%), Sugar: 6.53g (7.25%), Cholesterol: 98.57mg (32.86%), Sodium: 200.51mg (8.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Vitamin C: 120.43mg (145.98%), Selenium: 64.29µg (91.85%), Vitamin B6: 1.83mg (91.65%), Vitamin B12: 5.41µg (90.22%), Vitamin B3: 15.01mg (75.04%), Vitamin A: 2723.06IU (54.46%), Vitamin B2: 0.86mg (50.62%), Phosphorus: 417.13mg (41.71%), Potassium: 1347.39mg (38.5%), Vitamin B1: 0.53mg (35.13%), Vitamin B5: 3.37mg (33.69%), Folate: 118.39µg (29.6%), Copper: 0.52mg (25.92%), Magnesium: 83.65mg (20.91%), Manganese: 0.39mg (19.66%), Iron: 2.43mg (13.49%), Fiber: 3.06g (12.25%), Zinc: 1.74mg (11.62%), Vitamin E: 1.4mg (9.35%), Vitamin K: 9.56µg (9.1%), Calcium: 49.85mg (4.98%)