



Seared Salmon Fillets with Edamame Succotash

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup corn kernels white yellow frozen
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 cup edamame green frozen shelled (soybeans)
- ☐ 24 ounce salmon fillet ()
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 8 ounce tomatoes refrigerated
- ☐ 0.3 cup water

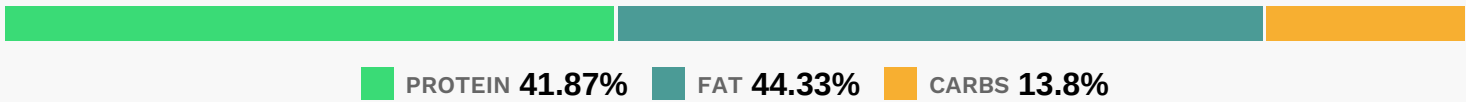
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat 7 minutes or until crisp.
- ☐ While bacon cooks, sprinkle fillets evenly with 1/4 teaspoon salt and black pepper. When bacon is done, transfer it to paper towels to drain; crumble bacon.
- ☐ Add fillets, skin sides up, to drippings in pan. Cook 4 minutes over medium-high heat or until browned. Turn fish over; add crumbled bacon, 1/4 cup water, and remaining ingredients to pan. Cover and steam 3 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve fillets over succotash.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:28.428260821363%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 393.68kcal (19.68%), Fat: 19.2g (29.53%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 10.36g (3.77%), Sugar: 4.31g (4.79%), Cholesterol: 104.44mg (34.81%), Sodium: 489.8mg (21.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.58%), Selenium: 65.66µg (93.8%), Vitamin B12: 5.49µg (91.53%), Vitamin B6: 1.5mg (74.84%), Vitamin B3: 14.79mg (73.94%), Vitamin B2: 0.71mg (41.63%),

Phosphorus: 396.87mg (39.69%), Potassium: 1224.37mg (34.98%), Vitamin B5: 3.12mg (31.2%), Vitamin B1: 0.47mg (31.13%), Copper: 0.48mg (24.22%), Folate: 66.56µg (16.64%), Iron: 2.86mg (15.89%), Magnesium: 63.52mg (15.88%), Fiber: 3.08g (12.31%), Vitamin A: 570.33IU (11.41%), Vitamin C: 8.49mg (10.29%), Zinc: 1.52mg (10.15%), Manganese: 0.17mg (8.34%), Vitamin K: 6.83µg (6.5%), Calcium: 62.13mg (6.21%), Vitamin E: 0.42mg (2.83%)