



Seared Salmon on Baby Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces baby spinach leaves
- ☐ 2 tablespoons butter ()
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 14 ounce salmon fillet skinless
- ☐ 3 large shallots sliced
- ☐ 0.3 cup whipping cream

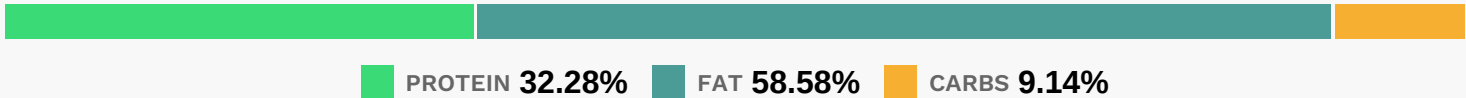
Equipment

☐ frying pan

Directions

- ☐ Sprinkle salmon with salt and pepper. Melt 1 tablespoon butter in medium skillet over medium-high heat.
- ☐ Add salmon; sauté until just opaque in center, about 4 minutes per side.
- ☐ Transfer to plate.
- ☐ Melt 1/2 tablespoon butter in same skillet.
- ☐ Add half of shallots and half of tarragon; sauté 30 seconds. Increase heat to high; add half of spinach and toss 30 seconds.
- ☐ Add remaining spinach; toss until wilted. Divide between plates.
- ☐ Melt remaining 1/2 tablespoon butter in same skillet over medium-high heat.
- ☐ Add remaining shallots and tarragon; sauté 30 seconds.
- ☐ Add wine and cream and boil until sauce is thick enough to coat spoon, about 3 minutes. Season with salt and pepper. Return salmon to skillet; simmer 1 minute. Arrange salmon with sauce atop spinach.

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:45.976087031157%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 568.39kcal (28.42%), Fat: 35.26g (54.24%), Saturated Fat: 16.12g (100.73%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 9.85g (3.58%), Sugar: 4.39g (4.88%), Cholesterol: 172.86mg (57.62%), Sodium: 228.72mg (9.94%), Alcohol: 4.12g (100%), Alcohol %: 1.42% (100%), Protein: 43.71g (87.43%), Vitamin K: 207.78µg (197.89%), Selenium: 74.61µg (106.59%), Vitamin B12: 6.38µg (106.37%), Vitamin A: 5076.07IU (101.52%), Vitamin B6: 1.99mg (99.65%), Vitamin B3: 16.52mg (82.59%), Vitamin B2: 0.98mg (57.59%), Manganese: 0.99mg (49.4%), Phosphorus: 484.48mg (48.45%), Potassium: 1553.5mg (44.39%), Folate: 161.25µg (40.31%), Vitamin B5: 3.55mg (35.48%), Vitamin B1: 0.53mg (35.07%), Copper: 0.62mg (31.24%), Magnesium: 123.6mg (30.9%), Iron: 5.03mg (27.92%), Vitamin C: 17.75mg (21.52%), Calcium: 166.18mg (16.62%), Zinc: 1.98mg (13.21%), Fiber: 2.52g (10.1%), Vitamin E: 1.48mg (9.84%), Vitamin D: 0.48µg (3.17%)