



 **84%**
HEALTH SCORE

Seared Salmon with 3 Bean Salad

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

READY IN



16 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans drained and rinsed canned
- 15 ounce navy beans drained and rinsed canned
- 15 ounce pinto beans drained and rinsed canned
- 4 servings ground cumin
- 2 juice of lemon juiced
- 0.3 cup olive oil extra-virgin
- 1 small bunch parsley finely chopped
- 24 ounce salmon fillet

- 4 servings salt and pepper black freshly ground
- 1 bunch scallions good finely sliced
- 2 tablespoons vegetable oil

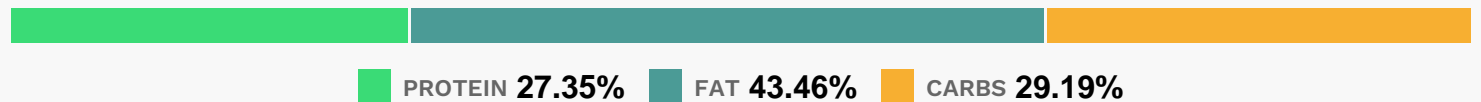
Equipment

- frying pan
- mixing bowl

Directions

- Place all 3 kinds of beans in large mixing bowl and toss with remaining ingredients. Season, to taste, with salt and pepper. Set aside.
- Season salmon with cumin, salt and pepper.
- Heat oil in a large, nonstick skillet over medium heat.
- Place salmon skin side down in skillet and cook until skin is crisp and golden, about 3 to 4 minutes. Turn fillets over and cook until medium rare, about 3 more minutes.
- Serve salmon with salad.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:10.59, Inflammation Score:-9, Nutrition Score:49.9747822803%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 768.54kcal (38.43%), Fat: 37.41g (57.55%), Saturated Fat: 5.55g (34.71%), Carbohydrates: 56.53g (18.84%), Net Carbohydrates: 39.78g (14.47%), Sugar: 4.01g (4.46%), Cholesterol: 93.55mg (31.18%), Sodium:

1119.33mg (48.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.97g (105.93%), Vitamin K: 279.35µg (266.05%), Selenium: 69.54µg (99.35%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.69mg (84.63%), Vitamin B3: 14.98mg (74.88%), Phosphorus: 709.98mg (71%), Fiber: 16.75g (66.99%), Manganese: 1.15mg (57.68%), Potassium: 1839.82mg (52.57%), Copper: 1.01mg (50.67%), Vitamin B1: 0.73mg (48.52%), Vitamin B2: 0.82mg (48.09%), Folate: 190.21µg (47.55%), Magnesium: 179.33mg (44.83%), Iron: 7.98mg (44.33%), Vitamin C: 28.3mg (34.3%), Vitamin B5: 3.38mg (33.79%), Vitamin E: 4.8mg (32.01%), Vitamin A: 1342.43IU (26.85%), Zinc: 3.39mg (22.63%), Calcium: 185.99mg (18.6%)