



Seared Salmon with Toasted Almond Pesto



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds divided thinly sliced
- ☐ 2 cups basil packed (stems removed)
- ☐ 6 tbsp olive oil extra virgin
- ☐ 1 stick purple gel food coloring
- ☐ 0.5 tsp garlic minced
- ☐ 2 tbsp meyer lemon juice fresh
- ☐ 4 fillet salmon fillet boneless skinless
- ☐ 4 servings salt and pepper black

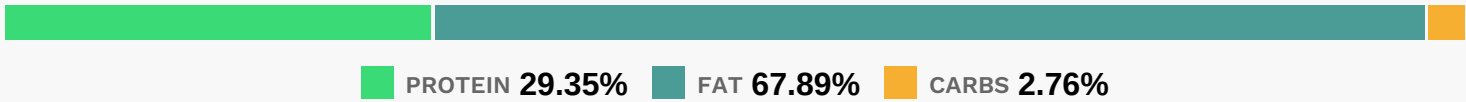
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Seared Salmon with Toasted Almond Pesto
- ☐ Ingredients1/2 cup thinly sliced almonds, divided4 boneless skinless salmon fillets2 cups basil leaves (stems removed), tightly packed2 tbsp fresh Meyer lemon juice1/2 tsp minced garlic6 tbsp extra virgin olive oil
- ☐ Salt and black pepper
- ☐ You will also need
- ☐ Food processor, small skillet, large oven-safe nonstick skillet
- ☐ Prep Time: 10 Minutes
- ☐ Cook Time: 15 Minutes
- ☐ Total Time: 25 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:32.037826144177%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg,

Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg
Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.09mg, Hesperetin:
1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg,
Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg,
Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin:
0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg,
Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 498.56kcal (24.93%), Fat: 37.61g (57.87%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 3.44g (1.15%),
Net Carbohydrates: 1.78g (0.65%), Sugar: 0.73g (0.81%), Cholesterol: 93.5mg (31.17%), Sodium: 269.74mg (11.73%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.19%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.62µg
(89.45%), Vitamin B6: 1.43mg (71.64%), Vitamin B3: 13.9mg (69.48%), Vitamin K: 62.45µg (59.47%), Vitamin B2:
0.79mg (46.34%), Vitamin E: 6.08mg (40.5%), Phosphorus: 403.17mg (40.32%), Copper: 0.59mg (29.6%), Vitamin
B5: 2.92mg (29.2%), Vitamin B1: 0.41mg (27.62%), Potassium: 962.07mg (27.49%), Magnesium: 88.57mg (22.14%),
Manganese: 0.44mg (21.75%), Folate: 57.23µg (14.31%), Vitamin A: 701.6IU (14.03%), Iron: 2.3mg (12.77%), Zinc:
1.55mg (10.35%), Calcium: 73.99mg (7.4%), Fiber: 1.66g (6.64%), Vitamin C: 5.17mg (6.27%)