



 **81%**
HEALTH SCORE

Seared Salmon with Wilted Spinach

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

READY IN



17 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounce baby spinach
- 0.3 teaspoon pepper black divided
- 1 tablespoon canola oil divided
- 2 tablespoons basil fresh
- 3 garlic clove sliced
- 1 pint grape tomatoes halved
- 0.8 teaspoon kosher salt divided
- 24 ounce salmon fillet

Equipment

- frying pan
- oven

Directions

- Preheat oven to 45
- Sprinkle salmon with 1/2 teaspoon salt and 1/8 teaspoon pepper.
- Heat a large cast-iron skillet over high heat.
- Add 2 teaspoons oil; swirl.
- Add fillets, skin side down; cook for 3 minutes or until skin begins to brown, gently pressing fillets.
- Place pan in oven.
- Bake at 450 for 6 minutes or until desired degree of doneness.
- Heat a nonstick skillet over medium-high heat.
- Add 1 teaspoon oil; swirl.
- Add tomatoes; saut 1 minute.
- Add garlic; saut for 30 seconds, stirring constantly.
- Add spinach; remove from heat. Toss until spinach wilts. Stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Place about 1/2 cup spinach mixture on each of 4 plates; top each serving with 1 fillet and basil.

Nutrition Facts

 **PROTEIN 47.27%**  **FAT 42.75%**  **CARBS 9.98%**

Properties

Glycemic Index:50.5, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:42.729130827862%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 312.34kcal (15.62%), Fat: 14.79g (22.76%), Saturated Fat: 2g (12.52%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.41g (3.78%), Cholesterol: 93.55mg (31.18%), Sodium: 567.62mg (24.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.6%), Vitamin K: 324.32µg (308.88%), Vitamin A: 7088.32IU (141.77%), Vitamin B12: 5.41µg (90.15%), Selenium: 63.05µg (90.08%), Vitamin B6: 1.64mg (82.01%), Vitamin B3: 14.56mg (72.8%), Vitamin B2: 0.79mg (46.64%), Folate: 184.78µg (46.2%), Vitamin C: 35.01mg (42.44%), Potassium: 1483.48mg (42.39%), Phosphorus: 404.04mg (40.4%), Manganese: 0.8mg (40.02%), Vitamin B1: 0.48mg (32.19%), Vitamin B5: 2.99mg (29.94%), Copper: 0.59mg (29.53%), Magnesium: 114.16mg (28.54%), Iron: 3.49mg (19.41%), Vitamin E: 2.56mg (17.05%), Fiber: 2.92g (11.67%), Zinc: 1.66mg (11.1%), Calcium: 102.06mg (10.21%)