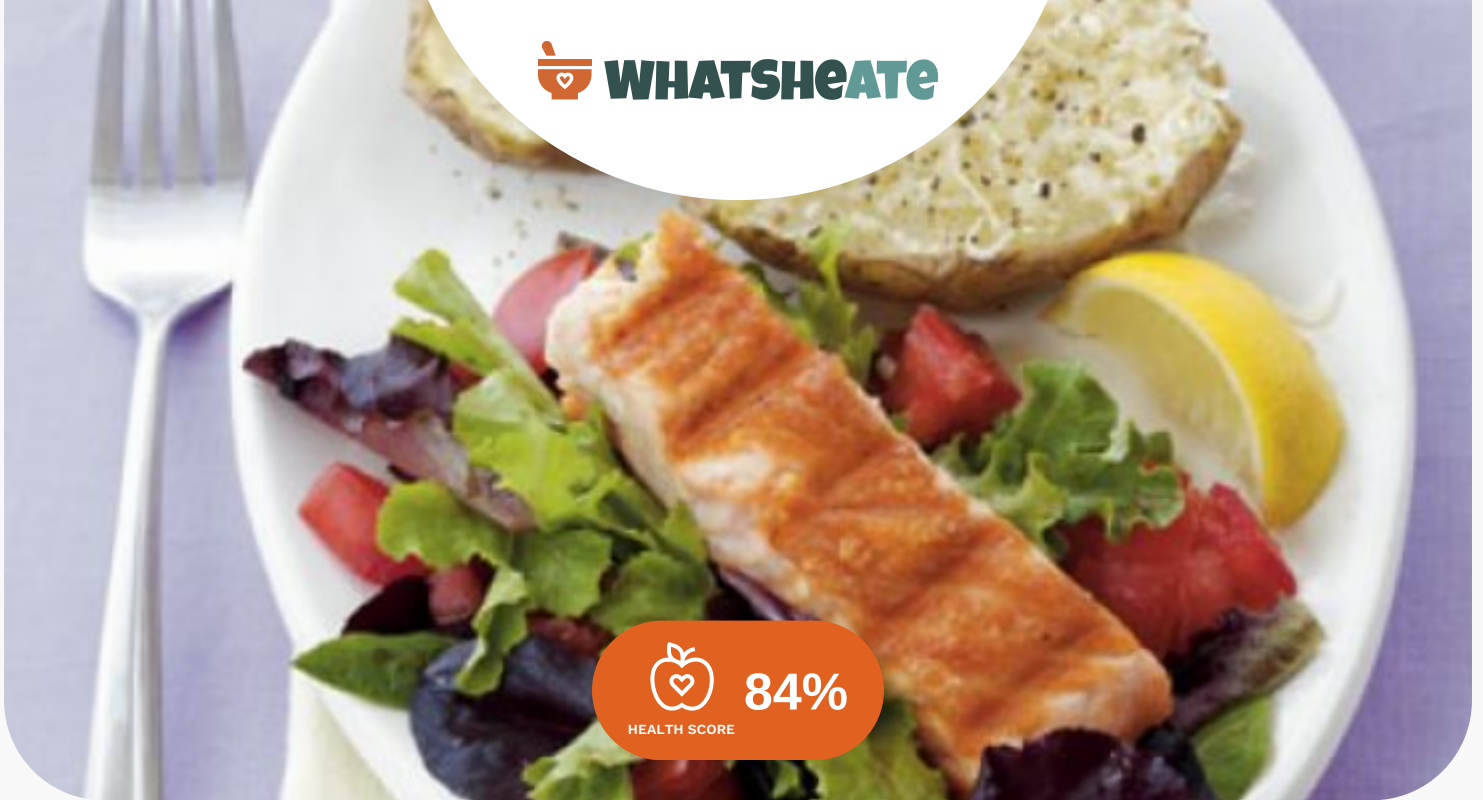




Skillet Salmon & Parmesan Potatoes



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinaigrette low-fat
- ☐ 1 optional: lemon
- ☐ 2 cups salad greens mixed
- ☐ 4 tablespoons parmesan cheese grated
- ☐ 2 medium potatoes
- ☐ 6 ounce salmon fillet ()
- ☐ 2 servings salt and pepper to taste
- ☐ 1 cup tomatoes chopped

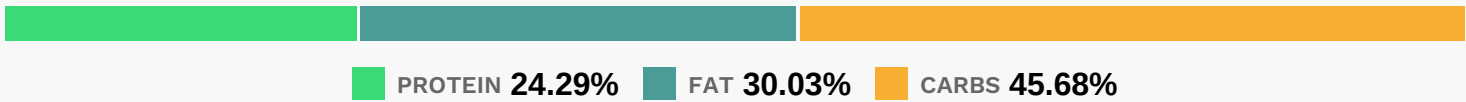
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ microwave
- ☐ grill pan

Directions

- ☐ Heat a nonstick skillet or grill pan over medium-high heat. Coat fish with cooking spray.
- ☐ Add fish to pan, and cook 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ While fish cooks, pierce potatoes with a fork; arrange in a circle on paper towels in a microwave oven. Microwave on HIGH 8 to 10 minutes, rearranging potatoes after 5 minutes.
- ☐ Let stand 5 minutes.
- ☐ Cut cooked potatoes in half, and sprinkle with salt, pepper, and cheese.
- ☐ Combine greens, tomatoes, and vinaigrette in a bowl; toss gently.
- ☐ Cut lemon in half, and squeeze lemon juice over fish.
- ☐ Serve with potatoes and salad.

Nutrition Facts



Properties

Glycemic Index:73.63, Glycemic Load:28.9, Inflammation Score:-9, Nutrition Score:30.195652271095%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 1.79mg,

Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 417.35kcal (20.87%), Fat: 14.22g (21.88%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 41.58g (15.12%), Sugar: 5.48g (6.09%), Cholesterol: 55.48mg (18.49%), Sodium: 569.2mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.77%), Vitamin C: 90.07mg (109.17%), Vitamin B6: 1.47mg (73.35%), Selenium: 35.56µg (50.8%), Vitamin B3: 9.65mg (48.27%), Vitamin B12: 2.84µg (47.33%), Potassium: 1651.79mg (47.19%), Phosphorus: 397.03mg (39.7%), Vitamin B1: 0.43mg (28.43%), Fiber: 7.09g (28.37%), Vitamin B2: 0.47mg (27.69%), Copper: 0.53mg (26.54%), Manganese: 0.51mg (25.42%), Vitamin A: 1211.64IU (24.23%), Magnesium: 94.07mg (23.52%), Vitamin B5: 2.3mg (22.95%), Folate: 87.86µg (21.96%), Iron: 3.17mg (17.59%), Calcium: 152.47mg (15.25%), Zinc: 1.84mg (12.26%), Vitamin K: 10.1µg (9.62%), Vitamin E: 0.56mg (3.7%)