



Skillet-Seared Salmon with Curried Pineapple Essence

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper black
- 0.5 teaspoon curry powder
- 1 garlic clove minced
- 1 tablespoon ground allspice
- 1 tablespoon ground cardamom
- 1 tablespoon ground cinnamon
- 1 tablespoon ground cloves

- 1 tablespoon ground coriander
- 1 tablespoon ground ginger
- 1.5 cups cubes pineapple fresh (1-inch)
- 1 teaspoon kosher salt
- 1 teaspoon cracked pepper
- 0.5 cup rice vinegar
- 36 ounce salmon fillet ()
- 1.5 tablespoons vegetable oil

Equipment

- frying pan
- sauce pan
- blender

Directions

- Combine first 4 ingredients in a saucepan. Bring to a boil; reduce heat and simmer, uncovered, 5 minutes.
- Remove from heat; let cool slightly.
- Place pineapple mixture in a blender, and process until smooth. Stir in cracked pepper. Set pineapple essence aside.
- Remove skin from salmon, and sprinkle salt evenly over fillets.
- Combine cinnamon and next 6 ingredients (cinnamon through ginger). Rub one side of each fillet with spice mixture.
- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add salmon, spice side down, and cook 4 minutes on each side or until salmon flakes easily when tested with a fork.
- Serve with pineapple essence.

Nutrition Facts



■ PROTEIN 48.9% ■ FAT 43.9% ■ CARBS 7.2%

Properties

Glycemic Index:29, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:28.834782776625%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.64kcal (16.38%), Fat: 15.75g (24.24%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.61g (0.68%), Cholesterol: 108.82mg (36.27%), Sodium: 839.17mg (36.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.49g (78.97%), Selenium: 63.18µg (90.26%), Vitamin B12: 5.41µg (90.15%), Manganese: 1.66mg (83.12%), Vitamin B6: 1.42mg (70.95%), Vitamin B3: 13.57mg (67.83%), Vitamin B2: 0.66mg (38.75%), Phosphorus: 354.11mg (35.41%), Vitamin B5: 2.87mg (28.66%), Vitamin B1: 0.39mg (26.3%), Potassium: 915.41mg (26.15%), Copper: 0.48mg (23.85%), Magnesium: 63.94mg (15.99%), Iron: 2.48mg (13.79%), Folate: 43.82µg (10.96%), Vitamin K: 10.45µg (9.95%), Fiber: 2.41g (9.65%), Zinc: 1.32mg (8.81%), Calcium: 66.51mg (6.65%), Vitamin E: 0.45mg (2.99%), Vitamin A: 88.2IU (1.76%), Vitamin C: 1.01mg (1.22%)