



HEALTH SCORE

100%

Spice-Rubbed Roasted Salmon with Lemon-Garlic Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



12 ounce baby spinach fresh



0.1 teaspoon pepper black freshly ground



2 tablespoons fresh cilantro fresh chopped



2 garlic cloves minced



0.1 teaspoon ground cinnamon



0.5 teaspoon ground coriander



0.5 teaspoon ground cumin

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 0.3 teaspoon paprika
- ☐ 2.3 pound salmon fillet skinless
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

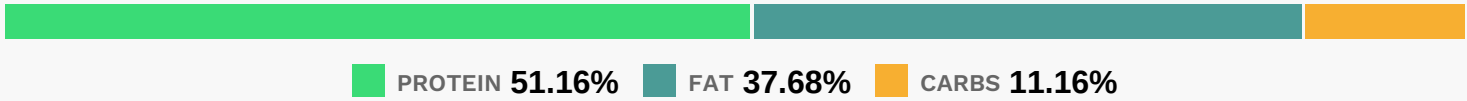
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ To prepare salmon, combine first 6 ingredients; rub spice mixture evenly over fish.
- ☐ Place onion in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Place fish on top of onion; bake at 400 for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ To prepare spinach, heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic to pan; cook 1 minute.
- ☐ Add half of spinach; cook for 1 minute, stirring frequently.
- ☐ Add remaining spinach; cook 4 minutes or until wilted, stirring frequently.
- ☐ Sprinkle spinach mixture with rind and 1/4 teaspoon salt. Stir in juice; remove from heat.
- ☐ Place salmon on a platter. Arrange onions and spinach evenly around salmon.
- ☐ Sprinkle salmon with chopped fresh cilantro.
- ☐ Serve with lemon wedges, if desired.

☐ Wine note: This salmon has lots of rich, piquant flavor and needs a wine that won't be intimidated by such bold spices as cumin, coriander, and cinnamon. Riesling's fruitiness offsets the spices while its clean, pure freshness is exactly the right counterpoint to the rich salmon. Washington State makes some of the best rieslings in the country. Try the new one from Long Shadows Vintners called Poet's Leap. The 2005 is \$ If you need a kosher wine, visit Wine-Searcher.com. --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:1.46, Inflammation Score:0, Nutrition Score:39.789130666982%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg

Nutrients (% of daily need)

Calories: 285.6kcal (14.28%), Fat: 11.82g (18.18%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 5.5g (2%), Sugar: 2.6g (2.89%), Cholesterol: 93.55mg (31.18%), Sodium: 413.15mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.1g (72.21%), Vitamin K: 275.06µg (261.96%), Vitamin A: 5438.69IU (108.77%), Selenium: 63.13µg (90.18%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.58mg (79.15%), Vitamin B3: 13.87mg (69.37%), Vitamin B2: 0.77mg (45.41%), Folate: 163.38µg (40.84%), Phosphorus: 387.14mg (38.71%), Potassium: 1243.33mg (35.52%), Manganese: 0.65mg (32.28%), Vitamin B1: 0.46mg (30.52%), Vitamin B5: 2.95mg (29.47%), Copper: 0.53mg (26.42%), Vitamin C: 21.67mg (26.27%), Magnesium: 101.35mg (25.34%), Iron: 3.2mg (17.79%), Zinc: 1.52mg (10.1%), Calcium: 95.02mg (9.5%), Fiber: 2.37g (9.48%), Vitamin E: 1.3mg (8.65%)