



Spinach-Stuffed Salmon Fillets



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby spinach coarsely chopped
- ☐ 1 pinch pepper black freshly ground
- ☐ 1.5 teaspoons dry-packed sun-dried tomatoes chopped
- ☐ 1 tablespoon pesto prepared
- ☐ 1.5 teaspoons pinenuts
- ☐ 10 ounce salmon fillet
- ☐ 1 pinch salt

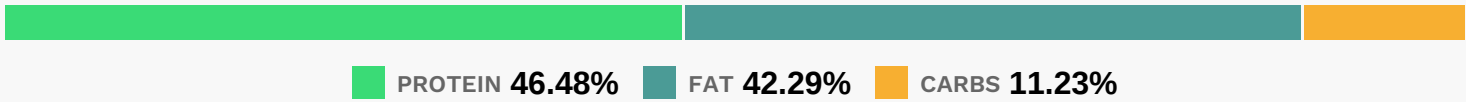
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Heat the oven to 400 degrees F. Make a slit two-thirds of the way through the center of each salmon fillet making sure not to cut all the way through. Season each fillet with the salt and pepper. In a bowl, combine the spinach, pesto, tomatoes, and pine nuts. Spoon 1/3 cup of the mixture into each slit.
- ☐ Arrange the fillets on a broiler pan coated with cooking spray. Roast for 8 to 10 minutes or until the spinach mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:45.436521447223%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 282.67kcal (14.13%), Fat: 13.45g (20.7%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 4.28g (1.55%), Sugar: 2.28g (2.53%), Cholesterol: 78.56mg (26.19%), Sodium: 267.85mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.54%), Vitamin K: 687.12µg (654.4%), Vitamin A: 13532.59IU (270.65%), Folate: 313.46µg (78.36%), Selenium: 53.37µg (76.25%), Vitamin B12: 4.51µg (75.13%), Manganese: 1.5mg (75.04%), Vitamin B6: 1.45mg (72.49%), Vitamin B3: 12.57mg (62.84%), Vitamin C: 41.29mg (50.05%), Vitamin B2: 0.83mg (48.71%), Potassium: 1621.93mg (46.34%), Magnesium: 164.11mg (41.03%), Phosphorus: 374.82mg (37.48%), Copper: 0.61mg (30.58%), Vitamin B1: 0.46mg (30.4%), Iron: 5.44mg (30.24%), Vitamin B5: 2.53mg (25.33%), Vitamin E: 3.02mg (20.12%), Calcium: 173.95mg (17.4%), Fiber: 3.76g (15.05%), Zinc: 1.83mg (12.2%)