

health-score62%

HEALTH SCORE

Stephan's Broiled Salmon Pesto

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy ☒ Low Fod Map

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

722 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 lemons
- ☐ 1.5 cups pesto
- ☐ 2 pounds salmon fillet
- ☐ 0.5 cup white wine

Equipment

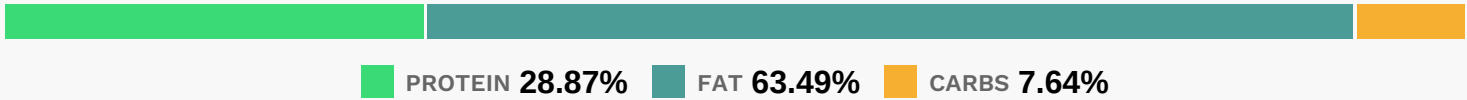
- ☐ frying pan
- ☐ oven
- ☐ baking pan

☐ broiler

Directions

- ☐ Lightly oil a baking pan large enough to accommodate the fish.
- ☐ Place salmon in pan skin side down. Run finger over flesh to make sure all bones have been removed. Use pliers to pull out any that remain. Squeeze juice of one lemon and white wine over fish. Marinate 15 minutes.
- ☐ Preheat broiler.
- ☐ Coat the top side of the fish with thick layer of pesto. It should be between an 1/8th to a 1/4 of an inch thick, and cover the surface of the fish.
- ☐ Place fish under the broiler about nine inches from heat source. Broil for 8 to 10 minutes per inch of thickness, or until fish flakes and flesh is opaque. Pesto should have formed a heavily browned crust.
- ☐ Remove from the oven, and set aside for a few minutes. Squeeze half of second lemon over fish. Slice remaining lemon half into thin slices.
- ☐ Place lemon slices on individual servings, or arrange on the whole flank if serving at the table.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:34.443477979821%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 722.22kcal (36.11%), Fat: 48.95g (75.31%), Saturated Fat: 8.2g (51.24%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 10.25g (3.73%), Sugar: 4.61g (5.13%), Cholesterol: 132.18mg (44.06%), Sodium: 971.92mg (42.26%), Alcohol: 3.09g (100%), Alcohol %: 0.97% (100%), Protein: 50.08g (100.15%), Vitamin B12: 7.21µg (120.2%), Selenium: 83.03µg (118.61%), Vitamin B6: 1.91mg (95.67%), Vitamin B3: 17.91mg (89.56%), Vitamin B2: 0.88mg (51.6%), Phosphorus: 467.63mg (46.76%), Vitamin A: 1977.48IU (39.55%), Vitamin B5: 3.89mg (38.9%), Vitamin B1: 0.54mg (35.71%), Vitamin C: 28.62mg (34.69%), Potassium: 1207.12mg (34.49%), Copper: 0.59mg (29.41%), Calcium: 193.69mg (19.37%), Magnesium: 73.09mg (18.27%), Folate: 62.94µg (15.73%), Iron: 2.76mg (15.33%), Fiber: 3g (12%), Zinc: 1.52mg (10.13%), Manganese: 0.09mg (4.38%)