



HEALTH SCORE

100%

## Tomato-Citrus Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 large navel oranges divided
- 0.3 cup pimiento-stuffed olives green chopped
- 1.5 cups plum tomatoes diced
- 1 cup onion red thinly sliced
- 24 ounce salmon fillet skinless
- 0.4 teaspoon salt divided

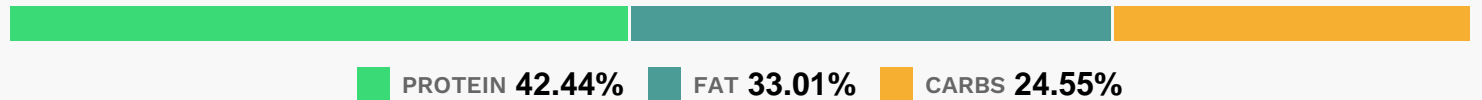
## Equipment

- bowl
- frying pan
- sieve

## Directions

- Grate 1/2 teaspoon orange rind; squeeze 1/4 cup juice from 1 orange into a sieve over a bowl. Section remaining 2 oranges to equal 1 cup sections.
- Sprinkle 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper over fish.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add fish, top side down, to pan; cook 5 minutes.
- Remove fish from pan.
- Add onion to pan; saut 3 minutes or until tender and lightly browned.
- Add tomato, olives, orange juice, and orange rind to pan; cook for 3 minutes, stirring occasionally. Stir in 1/8 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Arrange fish, browned side up, over tomato mixture in pan. Cover, reduce heat, and simmer 3 minutes.
- Add orange sections; cook 1 minute or until desired degree of doneness.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:33.734347882478%

## Flavonoids

Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg Naringenin: 8.06mg, Naringenin: 8.06mg, Naringenin: 8.06mg, Naringenin: 8.06mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

## Nutrients (% of daily need)

Calories: 337.82kcal (16.89%), Fat: 12.46g (19.17%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 16.44g (5.98%), Sugar: 13g (14.45%), Cholesterol: 93.55mg (31.18%), Sodium: 431.62mg (18.77%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.04g (72.07%), Vitamin C: 77.17mg (93.54%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.37µg (89.11%), Vitamin B6: 1.6mg (79.83%), Vitamin B3: 14.41mg (72.06%), Vitamin B2: 0.73mg (42.86%), Phosphorus: 397.97mg (39.8%), Potassium: 1283.35mg (36.67%), Vitamin B1: 0.51mg (33.94%), Vitamin B5: 3.24mg (32.38%), Copper: 0.55mg (27.39%), Folate: 99.43µg (24.86%), Vitamin A: 1101.76IU (22.04%), Magnesium: 76mg (19%), Fiber: 4.4g (17.59%), Manganese: 0.24mg (12.14%), Iron: 1.89mg (10.49%), Zinc: 1.4mg (9.32%), Calcium: 89.26mg (8.93%), Vitamin K: 7.7µg (7.33%), Vitamin E: 0.97mg (6.46%)