



## Warm Salmon and Grape Tomato Salad

READY IN



30 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 2 teaspoons flour all-purpose
- 2 tablespoons basil fresh chopped
- 3 cloves garlic minced
- 2 cups grape tomatoes
- 1 optional: lemon cut into 8 wedges
- 8 cups coarsely torn romaine lettuce hearts
- 16 ounce fillets salmon skinless

## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- Heat a large skillet over high heat until hot.
- Add butter; spread to coat.
- Place salmon fillets flesh side down in skillet and sear for about 3 min or until browned. Using a slotted spatula, transfer to a plate, seared side up.
- Add tomatoes to skillet and saute for 3 min or until browned and starting to pop; using spatula transfer to bowl.
- Reduce heat to medium and let pan cool slightly.
- Add garlic to pan off the heat; saute for 15 sec, until fragrant.
- Whisk flour into Cream; pour into skillet, stirring. Return skillet to the heat and bring to simmer, stirring constantly. Return salmon to pan, seared side up. Reduce heat to medium-low and simmer for 2 to 7 min (depending on thickness) or until salmon just flakes easily with a fork.
- Remove from heat.
- Arrange lettuce on plates; top with tomatoes.
- Place salmon on top. Stir sauce in pan and drizzle over salads.
- Sprinkle with basil.
- Serve with lemon wedges to squeeze over top.

## Nutrition Facts



## Properties

Glycemic Index:72.13, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:34.066086997157%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

## Nutrients (% of daily need)

Calories: 239.06kcal (11.95%), Fat: 10.72g (16.49%), Saturated Fat: 3g (18.77%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.38g (4.86%), Cholesterol: 69.89mg (23.3%), Sodium: 88.63mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.06%), Vitamin A: 13354.7IU (267.09%), Vitamin K: 157.92µg (150.4%), Selenium: 42.77µg (61.1%), Folate: 241.02µg (60.25%), Vitamin B12: 3.61µg (60.2%), Vitamin B6: 1.15mg (57.27%), Vitamin B3: 9.92mg (49.59%), Vitamin C: 31.16mg (37.77%), Vitamin B2: 0.56mg (32.72%), Potassium: 1139.04mg (32.54%), Phosphorus: 298.12mg (29.81%), Vitamin B1: 0.41mg (27.41%), Vitamin B5: 2.23mg (22.33%), Copper: 0.42mg (20.93%), Manganese: 0.39mg (19.51%), Fiber: 4.76g (19.06%), Magnesium: 64.89mg (16.22%), Iron: 2.78mg (15.47%), Zinc: 1.24mg (8.29%), Calcium: 82.43mg (8.24%), Vitamin E: 0.72mg (4.81%)