



HEALTH SCORE

89%

Well-Dressed Salmon



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cucumber seedless
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup optional: dill fresh finely chopped
- ☐ 0.5 cup olive oil extra-virgin plus a drizzle
- ☐ 2 small plum tomatoes
- ☐ 24 ounce salmon fillet skinless
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings seafood seasoning recommended: Old Bay

- ☐ 1 shallot or red divided finely chopped
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup citrus champagne vinegar

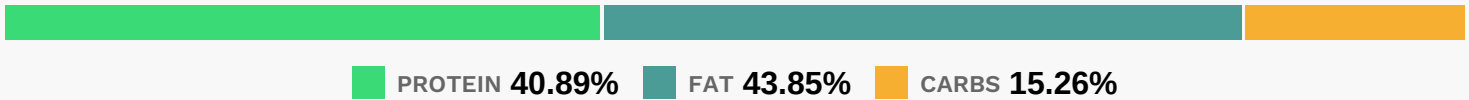
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ On a cutting board, dice cucumber into 1/4-inch pieces – to peel or not to peel is up to you. Seed and dice the tomatoes into 1/4-inch pieces.
- ☐ Combine the cucumber, tomatoes and half of the shallots or red onion in bowl and reserve.
- ☐ In a small bowl, whisk together mustard, sugar, and white wine vinegar and remaining half of the shallots. Stream in extra-virgin olive oil while continuing to whisk. Stir in dill and season dressing with salt and pepper, to taste.
- ☐ Season the salmon with seafood seasoning and a little black pepper.
- ☐ Heat a nonstick skillet with a drizzle of extra-virgin olive oil over medium-high heat.
- ☐ Place salmon rounded side down and cook until golden and a little crispy at edges, 3 to 4 minutes. Flip and cook 2 minutes more for a pink center, 4 minutes for opaque fish.
- ☐ Transfer salmon to dinner or serving plates, top with the cucumber-tomato relish and cover with a liberal amount of dill dressing.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:5.13, Inflammation Score:-7, Nutrition Score:29.067391188248%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 349.65kcal (17.48%), Fat: 16.77g (25.81%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 11.47g (4.17%), Sugar: 8.76g (9.74%), Cholesterol: 93.55mg (31.18%), Sodium: 164.46mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.39%), Selenium: 65.07µg (92.96%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.5mg (75.07%), Vitamin B3: 13.77mg (68.86%), Vitamin B2: 0.69mg (40.64%), Phosphorus: 379.42mg (37.94%), Vitamin B5: 3.02mg (30.25%), Potassium: 1056.16mg (30.18%), Vitamin B1: 0.44mg (29.33%), Vitamin K: 28.34µg (26.99%), Copper: 0.5mg (24.98%), Magnesium: 70.83mg (17.71%), Manganese: 0.35mg (17.65%), Folate: 62.73µg (15.68%), Iron: 2.74mg (15.2%), Vitamin A: 651.42IU (13.03%), Vitamin C: 10.17mg (12.33%), Zinc: 1.41mg (9.38%), Calcium: 68.04mg (6.8%), Vitamin E: 1.02mg (6.77%), Fiber: 1.66g (6.65%)