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Pear Salmon *

A delicious recipe featuring fresh salmon and ripe pears. This dish is perfect for a special dinner or a dinner party. The combination of flavors creates a unique and satisfying meal.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 15 mins Total Time: 35 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

| 500 g | salmon fillets |
|--------|----------------|
| 250 g | pears |
| 2 tbsp | olive oil |
| 2 tbsp | lemon juice |
| 1 tsp | salt |

| 1 tsp | black pepper |
|-------|---------------|
| 1 tsp | garlic powder |

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the salmon fillets with salt, black pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat olive oil in a large skillet over medium heat. Add the salmon fillets and cook for 3-4 minutes on each side, until golden brown.

Prep Time: 5 mins

Cook Time: 8 mins

Step 4

Arranging

Transfer the salmon fillets to a baking dish. Arrange sliced pears on top of the fillets.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Drizzling

Drizzle lemon juice over the pears and salmon.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 10-12 minutes, or until the salmon is cooked through and the pears are tender.

Prep Time: 0 mins

Cook Time: 12 mins

Step 7



Serve the pear salmon hot with your favorite side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------------|--------------------------------|
| Protein | 25 g | 147.06% | 147.06% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------------|--------------------------------|
| Carbohydrates | 10 g | 18.18% | 20% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 6 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------------|--------------------------------|
| Monounsaturated Fat | 8 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 12 g | 42.86% | 48% |
| Cholesterol | 75 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------------|--------------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 15 mg | 16.67% | 20% |
| Vitamin B6 | 20 mg | 1538.46% | 1538.46% |
| Vitamin B12 | 40 mcg | 1666.67% | 1666.67% |
| Vitamin E | 10 mg | 66.67% | 66.67% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------------|--------------------------------|
| Vitamin D | 2 mcg | 13.33% | 13.33% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------------|--------------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 6 mg | 75% | 33.33% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 50 mcg | 90.91% | 90.91% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

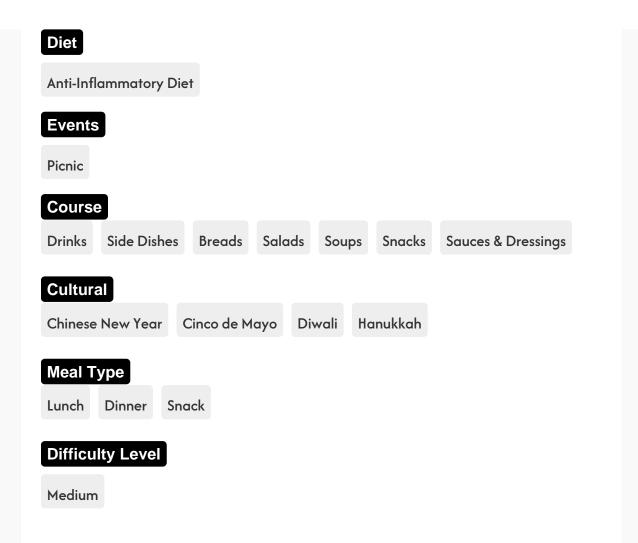
Low Calorie

High Protein

Cuisines

Italian

Middle Eastern



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