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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

<b>500 g</b>	salmon fillets
<b>250 g</b>	pears
<b>2 tbsp</b>	olive oil
<b>2 tbsp</b>	lemon juice
<b>1 tsp</b>	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

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## 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

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## Step 5

Drizzling

Drizzle lemon juice over the pears and salmon.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## 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

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## Step 7

## Serving

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

## Diet

Anti-Inflammatory Diet

## Events

Picnic

## Course

Drinks

Side Dishes

Breads

Salads

Soups

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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