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Salmon with Capers and Caprese Salad ••

A delicious and healthy recipe featuring salmon fillets topped with tangy capers and served with a refreshing Caprese salad. This dish is perfect for a light and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

400 g	salmon fillets
2 tsp	Capers
200 g	Tomatoes
150 g	fresh mozzarella

20 g	fresh basil leaves
2 tbsp	extra virgin olive oil
2 tbsp	balsamic vinegar
1 tsp	salt
1 tsp	black pepper

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 and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

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

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Mixing

In a separate bowl, combine tomatoes, mozzarella, basil leaves, olive oil, balsamic vinegar, salt, and black pepper to make the Caprese salad.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve the cooked salmon fillets topped with capers and alongside the Caprese salad.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Dinner

Course

Salads

Difficulty Level

Medium

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