



Baked Citrus-Herb Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 10 chives fresh
- 1.3 inch optional: lemon (1 lemon)
- 2 tablespoons lemon rind grated
- 1 tablespoon orange rind grated
- 4 oregano sprigs
- 3.5 pound salmon fillet
- 1 teaspoon sea salt

- 4 tarragon sprigs
- 4 thyme sprigs

Equipment

- frying pan
- oven
- roasting pan
- aluminum foil

Directions

- Preheat oven to 45
- Line a shallow roasting pan with foil; coat foil with cooking spray.
- Sprinkle salmon with salt and pepper.
- Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon horizontally across fish. Arrange lemon slices on top of herbs.
- Place fish on prepared pan. Cover with foil; seal.
- Bake at 450 for 30 minutes or until fish flakes easily when tested with a fork.
- Serve warm or at room temperature.

Nutrition Facts

 **PROTEIN 57.08%**  **FAT 41.03%**  **CARBS 1.89%**

Properties

Glycemic Index:22.25, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:22.677391562773%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 229.87kcal (11.49%), Fat: 10.13g (15.59%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.09g (0.1%), Cholesterol: 87.32mg (29.11%), Sodium: 302.93mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.44%), Vitamin B12: 5.05µg (84.14%), Selenium: 58.01µg (82.87%), Vitamin B6: 1.32mg (65.94%), Vitamin B3: 12.56mg (62.79%), Vitamin B2: 0.62mg (36.21%), Phosphorus: 320.84mg (32.08%), Vitamin B5: 2.66mg (26.59%), Vitamin B1: 0.36mg (24.21%), Potassium: 805.43mg (23.01%), Copper: 0.41mg (20.46%), Magnesium: 50.08mg (12.52%), Folate: 43.35µg (10.84%), Iron: 1.66mg (9.22%), Zinc: 1.06mg (7.08%), Manganese: 0.1mg (5.06%), Vitamin C: 3.96mg (4.8%), Vitamin K: 4.78µg (4.55%), Calcium: 35.78mg (3.58%), Vitamin A: 153.38IU (3.07%), Fiber: 0.51g (2.02%)