



HEALTH SCORE

100%

Baked Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



5

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 1 optional: lemon sliced
- ☐ 1 large onion minced
- ☐ 2 pound fillets salmon
- ☐ 5 servings salt and pepper to taste
- ☐ 2 scallions chopped
- ☐ 1 tomatoes chopped

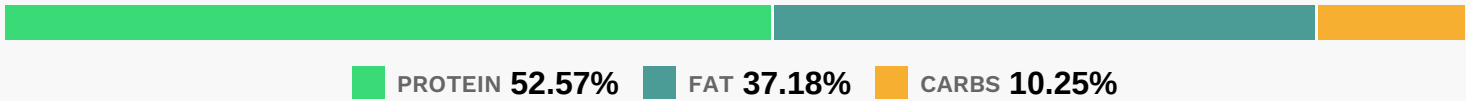
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Line a baking dish with enough aluminum foil to be able to fold over ingredients.
- ☐ Stir together the tomato, mushrooms, onion, and scallions in a bowl; spread into the bottom of the prepared dish.
- ☐ Lay the salmon fillets over the mixture. Season with salt and pepper. Dot the salmon with the butter. Arrange the lemon slices atop the butter pieces. Fold the foil over the salmon, and press edges together to seal.
- ☐ Bake in the preheated oven until the fish flakes easily with a fork, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:28.77260887882%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 287.54kcal (14.38%), Fat: 11.72g (18.03%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 5.2g (1.89%), Sugar: 3.1g (3.45%), Cholesterol: 99.79mg (33.26%), Sodium: 373.64mg (16.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.59%), Selenium: 67.42µg (96.31%), Vitamin B12: 5.77µg (96.16%), Vitamin B6: 1.57mg (78.69%), Vitamin B3: 14.85mg (74.25%), Vitamin B2: 0.72mg (42.07%), Phosphorus: 397.68mg (39.77%), Vitamin B5: 3.31mg (33.06%), Vitamin B1: 0.46mg (30.9%), Potassium: 1063.5mg

(30.39%), Copper: 0.55mg (27.26%), Vitamin C: 17.94mg (21.75%), Magnesium: 64.42mg (16.1%), Folate: 62.92µg (15.73%), Vitamin K: 12µg (11.43%), Iron: 1.96mg (10.9%), Zinc: 1.45mg (9.66%), Fiber: 2.08g (8.32%), Vitamin A: 330.7IU (6.61%), Manganese: 0.13mg (6.5%), Calcium: 42.82mg (4.28%), Vitamin E: 0.2mg (1.33%)