



Baked Salmon with Black Olive Salsa

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black sliced
- 5 cherry tomatoes quartered
- 0.3 cup pasilla peppers green chopped
- 0.3 cup onions red chopped
- 1.5 lb skin-on salmon fillet
- 0.3 cup sun tomato vinaigrette dressing dried kraft

Equipment

- baking sheet

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Place salmon, skin side down, on foil-covered baking sheet.
- Combine remaining ingredients; spoon over salmon.
- Bake 18 to 20 min. or until salmon flakes easily with fork.

Nutrition Facts

PROTEIN 41.71% **FAT 54.71%** **CARBS 3.58%**

Properties

Glycemic Index:1.23, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.4469565179037%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 44.48kcal (2.22%), Fat: 2.66g (4.09%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.22g (0.24%), Cholesterol: 12.47mg (4.16%), Sodium: 27.95mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin B12: 0.72µg (12.02%), Selenium: 8.34µg (11.92%), Vitamin B6: 0.19mg (9.62%), Vitamin B3: 1.81mg (9.04%), Vitamin B2: 0.09mg (5.15%), Phosphorus: 46.83mg (4.68%), Vitamin B5: 0.38mg (3.84%), Vitamin B1: 0.05mg (3.59%), Potassium: 122.07mg (3.49%), Copper: 0.06mg (3.08%), Vitamin K: 2.25µg (2.14%), Vitamin C: 1.74mg (2.11%), Magnesium: 7.21mg (1.8%), Folate: 6.45µg (1.61%), Iron: 0.21mg (1.18%), Vitamin E: 0.16mg (1.06%), Zinc: 0.15mg (1.02%)