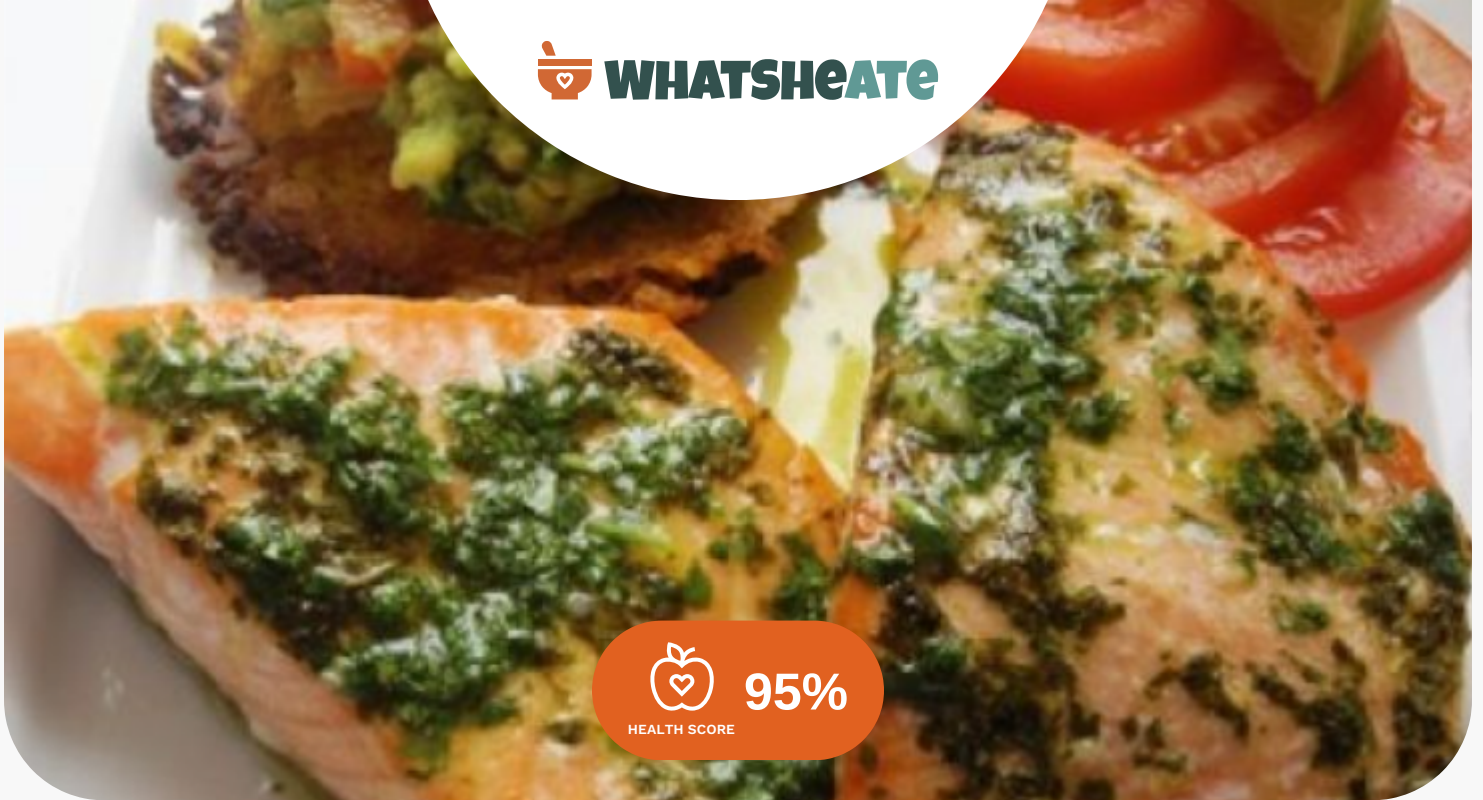




WHATSheATE



HEALTH SCORE

95%

Baked Salmon with Cilantro-Garlic Oil



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cilantro stems removed fresh
- ☐ 2 garlic cloves
- ☐ 0.5 juice of lime
- ☐ 0.5 cup olive oil
- ☐ 24 oz salmon fillet
- ☐ 4 servings salt and pepper

Equipment

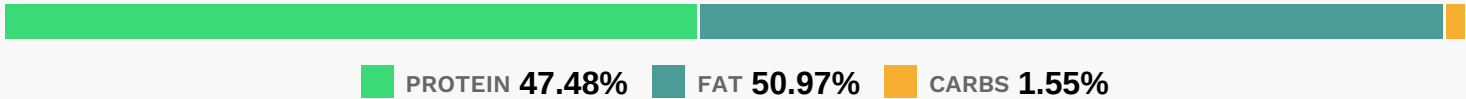
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400° F.In a large baking dish place the salmon fillets. Season each fillet with salt and pepper.In a food processor mix the cilantro, oil, garlic, lime, salt and pepper.
- ☐ Pour half of the mixture on top of the salmon fillets.
- ☐ Place the baking dish in the oven and bake for 15 to 20 minutes or until the salmon is cooked through.
- ☐ Place the rest of the oil in a serving bowl and leave on the table with the salmon to be used as a topping, if desired.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:25.830434845841%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 294.29kcal (14.71%), Fat: 16.24g (24.98%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.15g (0.16%), Cholesterol: 93.55mg (31.18%), Sodium: 272.75mg (11.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.06%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.37µg (89.11%), Vitamin B6: 1.42mg (71.17%), Vitamin B3: 13.47mg (67.37%), Vitamin B2: 0.66mg (38.91%), Phosphorus: 346.85mg (34.69%), Vitamin B5: 2.89mg (28.9%), Vitamin K: 28.1µg (26.76%), Vitamin B1: 0.39mg (26.25%), Potassium: 885.65mg (25.3%), Copper: 0.45mg (22.44%), Magnesium: 52.09mg (13.02%), Vitamin A: 609.89IU (12.2%), Folate: 47.9µg (11.98%), Iron: 1.56mg (8.68%), Zinc: 1.15mg (7.66%), Vitamin E: 0.99mg (6.58%), Vitamin C: 3.75mg (4.55%), Manganese: 0.09mg (4.38%), Calcium: 29.19mg (2.92%), Fiber: 0.27g (1.08%)