



HEALTH SCORE

100%

Broiled Salmon with Lemon and Olive Oil



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



32 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach uncooked
- ☐ 2 cups brown rice hot cooked
- ☐ 1 teaspoon rosemary fresh
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 slices garnishes: lemon rosemary sprigs
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin divided

- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt

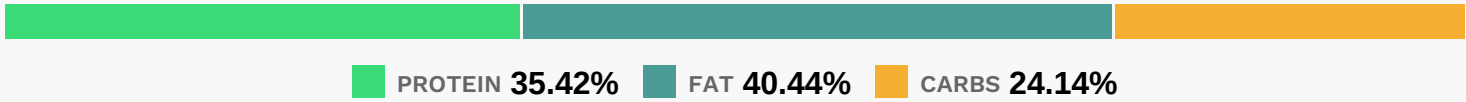
Equipment

- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Sprinkle salmon fillets evenly with salt and pepper.
- ☐ Place fillets, lemon rind, 1 tablespoon lemon juice, 1 tablespoon oil, and rosemary in a large zip-top plastic bag. Seal and turn to coat. Chill 30 minutes.
- ☐ Remove fillets from marinade, discarding marinade.
- ☐ Place fillets, skin side down, on a rack coated with cooking spray in an aluminum foil-lined broiler pan.
- ☐ Broil fish 5 1/2 inches from heat 10 to 12 minutes or until fillets flake easily with a fork.
- ☐ Arrange rice and arugula on a serving platter; top with fillets.
- ☐ Whisk together remaining 2 tablespoons lemon juice and 1 tablespoon oil; drizzle evenly over fillets.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:11.25, Inflammation Score:-9, Nutrition Score:39.202608502429%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 423.4kcal (21.17%), Fat: 18.75g (28.85%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 22.58g (8.21%), Sugar: 0.48g (0.53%), Cholesterol: 93.55mg (31.18%), Sodium: 390.58mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.92%), Vitamin K: 149.52µg (142.4%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.42µg (89.17%), Vitamin B6: 1.6mg (80.17%), Vitamin B3: 14.9mg (74.5%), Manganese: 1.4mg (70.03%), Vitamin A: 2884.55IU (57.69%), Phosphorus: 431.62mg (43.16%), Vitamin B2: 0.72mg (42.22%), Vitamin B1: 0.51mg (34.08%), Vitamin B5: 3.26mg (32.55%), Potassium: 1096.32mg (31.32%), Magnesium: 117.28mg (29.32%), Copper: 0.55mg (27.49%), Folate: 107.2µg (26.8%), Vitamin C: 14.36mg (17.41%), Iron: 2.78mg (15.45%), Zinc: 1.86mg (12.43%), Vitamin E: 1.64mg (10.94%), Fiber: 2.62g (10.47%), Calcium: 63.1mg (6.31%)