



HEALTH SCORE

93%

Broiled Salmon with Roasted Tomato Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 garlic cloves
- ☐ 0.5 small onion peeled quartered
- ☐ 1 pound plum tomatoes quartered
- ☐ 24 ounce salmon fillet
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup vegetable broth organic (such as Swanson Certified)
- ☐ 2 tablespoons water

Equipment

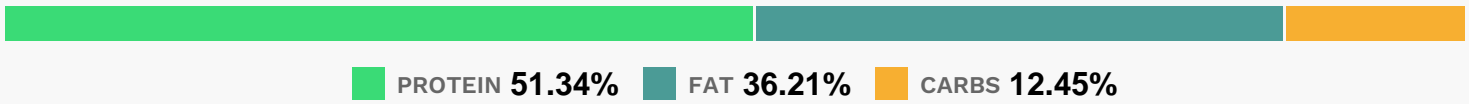
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Arrange tomatoes, onion, and garlic in an even layer on a jelly-roll pan coated with cooking spray.
- ☐ Sprinkle with 1/4 teaspoon salt and pepper. Broil 8 minutes; stir gently. Broil an additional 5 minutes or until vegetables begin to blacken at the edges.
- ☐ Place tomato mixture and tomato paste in a blender or food processor; process until smooth.
- ☐ Place tomato mixture in a saucepan over medium heat. Stir in broth; bring to a simmer. Cook 10 minutes, stirring frequently.
- ☐ Remove from heat. Strain mixture through a sieve into a large bowl; discard solids. Return tomato mixture to saucepan over medium heat.
- ☐ Combine 2 tablespoons water and cornstarch in a small bowl. Stir cornstarch mixture into tomato mixture. Increase heat to medium-high; bring tomato mixture to a boil. Cook for 1 minute, stirring constantly.
- ☐ Remove from heat.

- ☐
- Place fish on a broiler pan lightly coated with cooking spray.
- ☐
- Sprinkle evenly with 1/8 teaspoon salt. Broil 6 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐
- Place about 1/4 cup tomato mixture on each of 4 deep plates; top each with 1 salmon fillet.
- ☐
- Sprinkle each with 1 tablespoon basil.
- ☐
- Garnish with coarsely ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:29.386521754058%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 279.75kcal (13.99%), Fat: 11.08g (17.04%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.64g (2.41%), Sugar: 4.85g (5.39%), Cholesterol: 93.55mg (31.18%), Sodium: 597.84mg (25.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.69%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.79µg (89.7%), Vitamin B6: 1.53mg (76.56%), Vitamin B3: 14.32mg (71.62%), Vitamin B2: 0.69mg (40.33%), Phosphorus: 379.98mg (38%), Potassium: 1208.29mg (34.52%), Vitamin B5: 2.97mg (29.67%), Vitamin B1: 0.44mg (29.26%), Copper: 0.54mg (26.92%), Vitamin A: 1339.9IU (26.8%), Vitamin C: 18.67mg (22.63%), Magnesium: 67.68mg (16.92%), Folate: 63.24µg (15.81%), Vitamin K: 16.36µg (15.58%), Manganese: 0.25mg (12.55%), Iron: 2.01mg (11.18%), Zinc: 1.38mg (9.2%), Fiber: 1.93g (7.72%), Vitamin E: 0.97mg (6.48%), Calcium: 42.94mg (4.29%)