

health-score 76%

HEALTH SCORE

# Citrus Baked Salmon

 Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons freshly dill chopped
- ☐ 4 slices optional: lemon fresh
- ☐ 4 slices cranberry-orange relish fresh
- ☐ 24 ounce salmon fillet skinless
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 2 tablespoons sun-dried tomatoes in oil
- ☐ 0.7 cup white wine

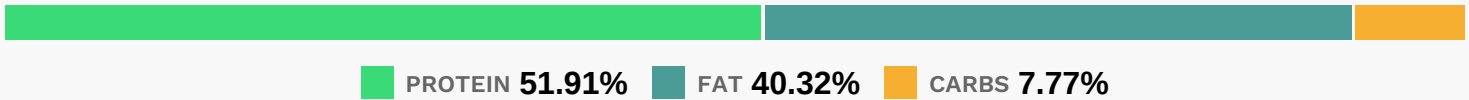
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large 9 by 13 shallow baking dish place 1 lemon slice with 1 orange slice side by side so you'll end up with 4 groups. Each salmon fillet will have its own bed of citrus. Season each fillet with salt and pepper then place each salmon fillet over the 2 slices of lemon and orange. In a small bowl mix the dill, sun-dried tomatoes and tomato oil. Divide mixture on top of the salmon fillet, then drizzle with the wine.
- ☐ Place the baking dish in the oven and cook for 8 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:25.830435060289%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 299.03kcal (14.95%), Fat: 11.87g (18.26%), Saturated Fat: 1.82g (11.34%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.87g (2.08%), Cholesterol: 93.55mg (31.18%), Sodium: 96.79mg (4.21%), Alcohol: 4.12g (100%), Alcohol %: 2.19% (100%), Protein: 34.38g (68.75%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.45µg (89.21%), Vitamin B6: 1.45mg (72.48%), Vitamin B3: 13.73mg (68.66%), Vitamin B2: 0.69mg (40.5%),

Phosphorus: 361.04mg (36.1%), Vitamin B5: 2.93mg (29.34%), Potassium: 1015.39mg (29.01%), Vitamin B1: 0.42mg (27.73%), Copper: 0.47mg (23.62%), Vitamin C: 18.85mg (22.85%), Magnesium: 61.56mg (15.39%), Folate: 49.91µg (12.48%), Iron: 1.75mg (9.7%), Zinc: 1.21mg (8.08%), Manganese: 0.13mg (6.47%), Vitamin A: 212.14IU (4.24%), Fiber: 0.99g (3.96%), Calcium: 35.77mg (3.58%)