



 **100%**
HEALTH SCORE

Easy Salmon Supper

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes diced drained canned
- 0.8 lb carrots thinly sliced
- 2 cups brown rice instant uncooked
- 0.5 cup roasted pepper dressing red italian divided kraft
- 1 lb salmon fillet

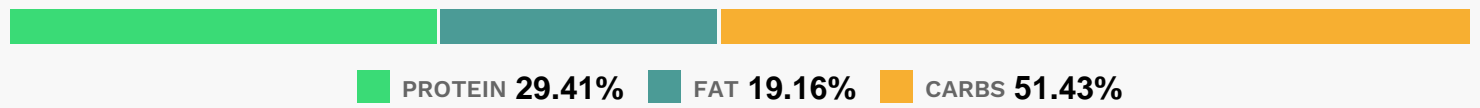
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Toss carrots with 1/4 cup dressing in 13x9-inch baking dish; spread onto bottom of dish.
- Bake 15 min.; stir. Top with fish.
- Combine tomatoes and remaining dressing; spoon over fish.
- Bake 15 min. or until fish flakes easily with fork. Meanwhile, cook rice as directed on package.
- Serve fish and carrots over rice; top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:33.644347688426%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 379.31kcal (18.97%), Fat: 7.98g (12.28%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 43.8g (15.93%), Sugar: 6.41g (7.13%), Cholesterol: 62.37mg (20.79%), Sodium: 494.34mg (21.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.13%), Vitamin A: 14460.66IU (289.21%), Selenium: 57.62µg (82.32%), Vitamin B3: 13.56mg (67.82%), Vitamin B6: 1.24mg (61.94%), Vitamin B12: 3.61µg (60.1%), Vitamin B1: 0.76mg (50.64%), Folate: 173.5µg (43.37%), Manganese: 0.67mg (33.39%), Phosphorus: 329.66mg (32.97%), Vitamin B2: 0.55mg (32.48%), Potassium: 1051.51mg (30.04%), Iron: 4.97mg (27.63%), Vitamin C: 22.38mg (27.13%), Copper: 0.49mg (24.45%), Vitamin B5: 2.43mg (24.29%), Fiber: 4.4g (17.6%), Magnesium: 61.95mg (15.49%), Vitamin K: 14.15µg (13.47%), Zinc: 1.72mg (11.43%), Calcium: 89.07mg (8.91%), Vitamin E: 1.25mg (8.35%)