



Garlicky Broiled Salmon and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 sprigs thyme leaves fresh
- ☐ 4 cloves garlic sliced
- ☐ 4 servings kosher salt and pepper
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon paprika hot
- ☐ 24 ounce salmon fillet skinless
- ☐ 4 medium tomatoes cut in half

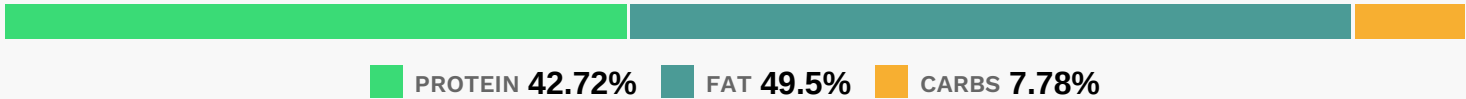
Equipment

- ☐ baking sheet
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Heat broiler.
- ☐ Place the salmon and tomatoes, cut-side up, in a broilerproof roasting pan or on a rimmed baking sheet.
- ☐ Sprinkle the salmon with the paprika.
- ☐ Drizzle the salmon and tomatoes with the oil and season with 3/4 teaspoon salt and 1/4 teaspoon pepper. Scatter the thyme and garlic over the top. Broil until the salmon is opaque throughout and the tomatoes are tender, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:29.519565623739%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 332.75kcal (16.64%), Fat: 18.11g (27.86%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 4.5g (1.63%), Sugar: 3.29g (3.66%), Cholesterol: 93.55mg (31.18%), Sodium: 275.78mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.33%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.53µg (89.33%), Vitamin B6: 1.54mg (76.97%), Vitamin B3: 14.18mg (70.91%), Vitamin B2: 0.69mg (40.33%), Phosphorus: 377.21mg (37.72%), Potassium: 1155.01mg (33%), Vitamin B5: 2.97mg (29.72%), Vitamin B1: 0.44mg (29.18%), Vitamin A: 1311.05IU (26.22%), Copper: 0.52mg (25.99%), Vitamin C: 20.99mg (25.44%), Magnesium: 67.26mg (16.81%), Folate: 62.09µg (15.52%), Vitamin K: 14.18µg (13.51%), Manganese: 0.26mg (12.82%), Iron: 2.19mg (12.15%), Vitamin E: 1.75mg (11.65%), Zinc: 1.38mg (9.2%), Fiber: 1.91g (7.63%), Calcium: 47mg (4.7%)