



HEALTH SCORE

100%

## Grilled Salmon with Roasted Fennel and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound fennel bulbs cored quartered
- ☐ 0.1 teaspoon ground coriander
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 large plum tomatoes halved lengthwise
- ☐ 24 ounce salmon fillet ()
- ☐ 4 servings salt and pepper freshly ground

☐ 4 thyme sprigs

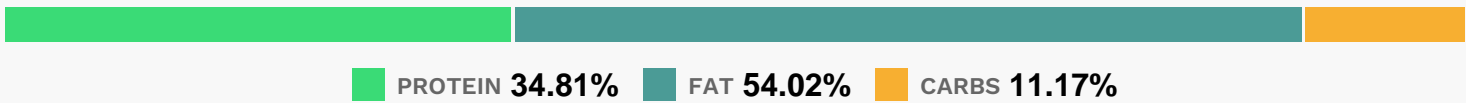
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

## Directions

- ☐ Preheat the oven to 37
- ☐ On a rimmed baking sheet, toss the fennel with 2 tablespoons of the olive oil and season with salt and pepper. Scatter the thyme sprigs over the fennel, cover with foil and bake for 15 minutes. Uncover and bake for about 15 minutes longer, until almost tender. Season the tomatoes with salt and pepper and add them to the baking sheet, cut side down.
- ☐ Bake for 15 minutes, or until the tomatoes are soft and the fennel is golden brown.
- ☐ Transfer the fennel and tomatoes to a platter and pour the roasting juices on top; discard the thyme sprigs.
- ☐ Light a grill or preheat a grill pan. In a small bowl, combine the lemon juice, 2 tablespoons of the olive oil and the coriander; season with salt and pepper.
- ☐ Coat the salmon fillets with the remaining 1 tablespoon of olive oil and season with salt and pepper. Grill the salmon over a medium-hot fire until lightly charred and just cooked, about 4 minutes per side.
- ☐ Serve the salmon with the roasted fennel and tomatoes and pass the lemon dressing at the table.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:34.55086931975%

Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 410.04kcal (20.5%), Fat: 24.68g (37.97%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 7.04g (2.56%), Sugar: 6.28g (6.97%), Cholesterol: 93.55mg (31.18%), Sodium: 331.16mg (14.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.58%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.9µg (89.86%), Vitamin K: 84.24µg (80.23%), Vitamin B6: 1.5mg (75.06%), Vitamin B3: 14.49mg (72.45%), Potassium: 1464.67mg (41.85%), Phosphorus: 413.69mg (41.37%), Vitamin B2: 0.7mg (41.2%), Vitamin C: 26.62mg (32.26%), Vitamin B5: 3.16mg (31.63%), Vitamin B1: 0.42mg (28.08%), Copper: 0.54mg (27.21%), Folate: 84.39µg (21.1%), Vitamin E: 2.95mg (19.65%), Magnesium: 77.69mg (19.42%), Fiber: 4.45g (17.79%), Manganese: 0.33mg (16.71%), Vitamin A: 784.41IU (15.69%), Iron: 2.62mg (14.58%), Zinc: 1.45mg (9.64%), Calcium: 87.37mg (8.74%)