


HEALTH SCORE 100%

Herb Crusted Salmon with Sweet Corn and Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1.5 cups corn kernels frozen organic
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon garlic crushed
- ☐ 3 tablespoons herbs de provence divided
- ☐ 4.5 ounce mushrooms sliced
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 2 tablespoons pimentos chopped
- ☐ 1 pound salmon fillet

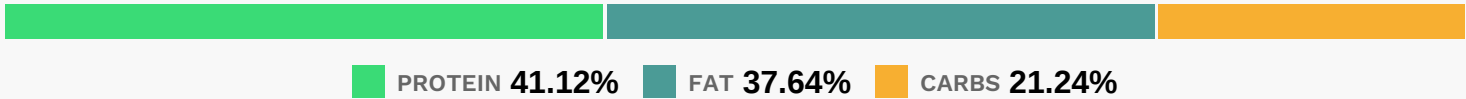
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave
- ☐ pastry brush

Directions

- ☐ Preheat oven to 350 degrees F. Lightly spray a baking sheet with olive oil cooking spray; set aside.
- ☐ In a microwave-safe bowl, combine corn, mushrooms, pimentos, garlic, parsley, 1 teaspoon herbs, and vinegar.
- ☐ Mix thoroughly and set aside.
- ☐ Cut salmon into 4 serving portions.
- ☐ Sprinkle remaining herbs on a plate. Use a pastry brush to brush salmon with olive oil.
- ☐ Coat salmon with herbs and place fillets on prepared baking sheet.
- ☐ Bake in preheated oven for 22 to 26 minutes.
- ☐ Cover corn mixture and heat in microwave on HIGH for 2 to 2 1/2 minutes.
- ☐ Serve salmon immediately over corn mixture.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:25.596956488879%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 241.75kcal (12.09%), Fat: 10.31g (15.86%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 10.22g (3.72%), Sugar: 4.27g (4.75%), Cholesterol: 62.37mg (20.79%), Sodium: 182.07mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Vitamin K: 69.81µg (66.49%), Selenium: 44.93µg (64.19%), Vitamin B12: 3.62µg (60.31%), Vitamin B3: 10.9mg (54.5%), Vitamin B6: 1.03mg (51.26%), Vitamin B2: 0.63mg (37.22%), Phosphorus: 292.03mg (29.2%), Iron: 5.2mg (28.91%), Vitamin B5: 2.59mg (25.9%), Potassium: 788.69mg (22.53%), Copper: 0.44mg (21.96%), Vitamin B1: 0.32mg (21.56%), Manganese: 0.36mg (17.96%), Folate: 66.8µg (16.7%), Vitamin C: 12.4mg (15.03%), Magnesium: 51.95mg (12.99%), Fiber: 2.87g (11.49%), Vitamin A: 470.43IU (9.41%), Zinc: 1.31mg (8.73%), Calcium: 76.79mg (7.68%), Vitamin E: 0.64mg (4.28%)