



HEALTH SCORE

100%

Herbed Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon thyme leaves dried



1 pinch ground pepper



1 pinch ground paprika



5 sage leaves dried



2 pounds salmon

Equipment



oven

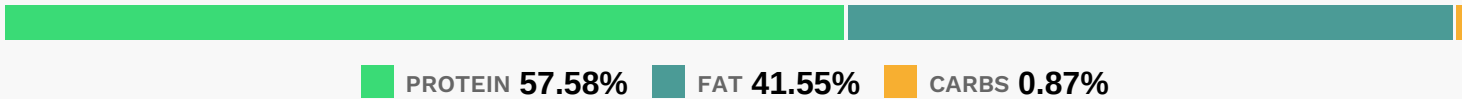


aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray one side of a sheet of aluminum foil large enough to fold over all the salmon with cooking spray.
- ☐ Arrange salmon on the prepared side of the foil.
- ☐ Sprinkle with sage, thyme, paprika, and pepper. Fold foil over salmon to enclose.
- ☐ Bake salmon 20 minutes in the preheated oven, or until easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:30.945217453915%

Nutrients (% of daily need)

Calories: 325.03kcal (16.25%), Fat: 14.46g (22.25%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0.02g (0.02%), Cholesterol: 124.74mg (41.58%), Sodium: 100.37mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.1g (90.19%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.83µg (118.33%), Vitamin B6: 1.86mg (93.09%), Vitamin B3: 17.88mg (89.4%), Vitamin B2: 0.87mg (50.97%), Phosphorus: 455.77mg (45.58%), Vitamin B5: 3.77mg (37.75%), Copper: 0.73mg (36.48%), Vitamin B1: 0.52mg (34.53%), Potassium: 1120.73mg (32.02%), Magnesium: 68.14mg (17.03%), Iron: 3.06mg (17.02%), Vitamin K: 17.19µg (16.37%), Folate: 59.48µg (14.87%), Zinc: 1.52mg (10.11%), Manganese: 0.12mg (6.05%), Calcium: 46.54mg (4.65%), Vitamin A: 151.43IU (3.03%), Fiber: 0.39g (1.56%)