



 **100%**  
HEALTH SCORE

## Lemon-Fennel Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**373 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons capers rinsed drained
- 2 carrots julienned cut into thin strips)
- 1 pound fennel bulb trimmed thinly sliced
- 1 tablespoon chives fresh chopped
- 1 optional: lemon thinly sliced
- 2 tablespoons olive oil
- 4 servings pepper freshly ground to taste
- 24 ounce salmon fillet skinless thick ( )

4 servings sea salt to taste

0.3 cup white wine

## Equipment

baking sheet

baking paper

oven

## Directions

Cut out 4 (12- x 16-inch) pieces parchment paper, and place on a baking sheet. Blanch fennel and carrot in boiling water 4 minutes.

Drain and rinse with cold water.

Divide fennel and carrot evenly among parchment pieces.

Place 1 salmon fillet on each, then top with lemon, capers, and chives.

Drizzle each with wine and olive oil; sprinkle with sea salt and pepper. Fold parchment to enclose salmon; twist ends to secure.

Bake at 400 for 14 to 16 minutes or until cooked through. Salmon should be slightly translucent in center.

## Nutrition Facts



## Properties

Glycemic Index:52.33, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:38.341739156972%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 6.99mg, Eriodictyol: 6.99mg, Eriodictyol: 6.99mg, Eriodictyol: 6.99mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg

Kaempferol: 5.41mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

## **Nutrients (% of daily need)**

Calories: 372.6kcal (18.63%), Fat: 18.21g (28.01%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 9.1g (3.31%), Sugar: 6.75g (7.5%), Cholesterol: 93.55mg (31.18%), Sodium: 460.88mg (20.04%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 35.87g (71.75%), Vitamin A: 5359.98IU (107.2%), Vitamin B12: 5.41µg (90.15%), Selenium: 63.09µg (90.13%), Vitamin K: 82.26µg (78.34%), Vitamin B6: 1.52mg (75.91%), Vitamin B3: 14.47mg (72.35%), Vitamin B2: 0.71mg (42.04%), Phosphorus: 415.58mg (41.56%), Potassium: 1453.71mg (41.53%), Vitamin C: 30.33mg (36.76%), Vitamin B5: 3.24mg (32.4%), Vitamin B1: 0.43mg (28.59%), Copper: 0.54mg (27.1%), Fiber: 5.3g (21.19%), Folate: 83.78µg (20.95%), Magnesium: 77.74mg (19.43%), Manganese: 0.33mg (16.61%), Iron: 2.61mg (14.51%), Vitamin E: 1.95mg (12.97%), Calcium: 97.33mg (9.73%), Zinc: 1.44mg (9.61%)