



HEALTH SCORE

69%

Lemon-Paprika Roasted Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup marcona almonds chopped
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 1 pound green beans trimmed
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 juice of lemon
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided

- ☐ 1 pound salmon fillet
- ☐ 1 teaspoon paprika smoked

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ peeler

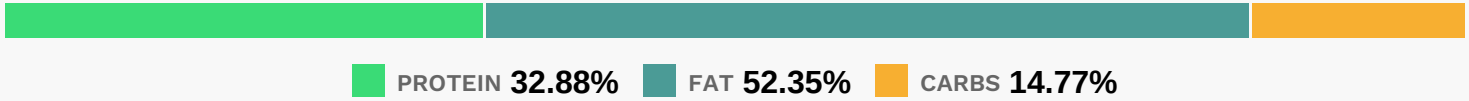
Directions

- ☐ Heat the oven to 400°F. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray.
- ☐ In a small bowl, mix together the paprika, garlic powder, salt, pepper, and lemon zest.
- ☐ Add 1 tablespoon of the olive oil, then mix well.
- ☐ Set the salmon on the prepared pan. Gently rub the oil-seasoning mixture over the salmon. Set aside.
- ☐ In a medium bowl, toss the green beans with the remaining 1 tablespoon of olive oil, the garlic, and salt. Arrange the green beans around the salmon.
- ☐ Roast for 25 minutes or until the fish flakes easily when tested with a fork.
- ☐ Sprinkle the green beans with the almonds.
- ☐ Drizzle the lemon juice over the salmon.
- ☐ One Dinner, Two Lunches
- ☐ DECONSTRUCTED SUSHI A fresh way to get your greens: "pickled" cucumber salad. Use a veggie peeler to shave a cucumber into ribbons, then toss with seasoned rice vinegar and sesame seeds. Soy sauce and rice vinegar complete the sushi flavor vibe. No rolling, no fuss. Pack leftover salmon on top of leftover (or a bag of heat-and-eat) rice, then crumble a sheet of nori (seaweed sushi wrap) over it. Eat it cold or hot. MONSTER SALAD This is one of the easiest lunches to pack. Think big. Think kitchen sink: Pile on greens, whatever leftover or raw vegetables you have, then top with leftover salmon and something crunchy, like nuts. Salmon doesn't need

fancy dressings. Try a splash of sesame oil and vinegar.No leftover salmon? Smoked salmon is great in salads.

Copyright © 2013 by J.M. Hirsch, from Beating the Lunch Box Blues published by Rachael Ray Books/Atria, a division of Simon & Schuster, Inc. Available wherever books are sold.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:27.686956281247%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 319.33kcal (15.97%), Fat: 19.01g (29.24%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 7.52g (2.73%), Sugar: 4.37g (4.85%), Cholesterol: 62.37mg (20.79%), Sodium: 639.6mg (27.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.86g (53.72%), Selenium: 42.99µg (61.41%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.15mg (57.75%), Vitamin K: 53.83µg (51.26%), Vitamin B3: 10.15mg (50.75%), Vitamin B2: 0.66mg (38.94%), Phosphorus: 321.99mg (32.2%), Manganese: 0.55mg (27.73%), Vitamin E: 3.93mg (26.18%), Potassium: 901.04mg (25.74%), Vitamin B1: 0.38mg (25.27%), Copper: 0.47mg (23.65%), Vitamin B5: 2.23mg (22.29%), Magnesium: 88.29mg (22.07%), Vitamin A: 1076.19IU (21.52%), Vitamin C: 17.45mg (21.15%), Fiber: 4.55g (18.22%), Folate: 71.91µg (17.98%), Iron: 2.67mg (14.82%), Zinc: 1.36mg (9.03%), Calcium: 87.4mg (8.74%)